

C265 Collection Recettes et alimentation

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C265 Recipes and Food Collection

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EAT MORE FISH

HOW TO PREPARE COOK AND SERVE CANADIAN
FISH, AND SO CONSERVE CANADIAN BEEF
AND BACON FOR THE SOLDIERS
AT THE FRONT.



MACKEREL



CANADA

Canadians consume 29 pounds of fish per head of population in a year. The normal consumption in Great Britain is 56 pounds per year. Canadian consumption of meat is out of all proportion to the food value of fish.

In time of war it is Canada's duty to do her utmost in view of the demands of the armies upon her supplies of Beef and Bacon, to make fullest possible use of the abundant supplies of food fish obtainable from Canadian waters. This is one way of serving the country in the time of need.

W. J. HANNA.

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FOOD VALUES OF FISH.

SOME COMPARISONS OF FISH WITH OTHER FOODS.

THE value of any food to the body is reckoned upon its yield of digestible nutrients, chiefly in the form of protein, fat, starch and sugar. The market demand for it frequently depends upon its cost.

Fish yields a great deal of protein (the chief body-building material) and in many cases at considerably less cost than meat, eggs, and milk.

Conserve the land products by eating the products of the sea. There is no way in which meats can be saved so well as by using fish in the place of meat. We have been large meat eaters and have on occasions used fish as a change or as a lenten dish on one day of the week instead of meat, but we have not considered it as a steady article of diet. Most fish, properly cooked, are digested with more ease than meat, and are completely absorbed, so that we can substitute fish for a large part of the meat now eaten with profit and increased health.

The energy yielding value of a food is reckoned in calories. A calorie is the unit of heat or energy generated in the human body by the assimilation of a certain amount of food. In other words, the heat necessary to raise four pounds of water one degree Fahrenheit, is one calorie.

The energy value of fish, especially of the oily fish, compares favourably with other foods:

Generally speaking fish has about the same percentage of digestibility as meat, the non-oily kinds being more easily digested than the oily ones.

The calorie rating of different foods is not a complete measure of their value. A better test is the proportion absorbed by the human body as tissue-and-blood-building elements. From this point of view fish foods rank very high.

CLASSIFICATION.

Fish may be classified as:—

Oily—as Salmon, Trout, Mackerel, Herring, etc.

Non-Oily—as Haddock, Cod, Hake, Pollock, Halibut.

In the oily fish the fat is mingled through the flesh, and in the so-called non-oily, the oil is contained in the liver, and is therefore removed when the fish is dressed for cooking.

PURCHASING.

Fish appears on the market in the form of fresh, salt, dried and smoked, shredded, frozen and canned fish. Most markets offer Smoked Salmon, Haddock, Trout and Herring, shredded Codfish, salted and dried Cod, Hake and Pollock, while Herring appears also in the form of Kipperd Herring and pickled Herring. There are many brands of canned salmon, differing in appearance and in price, but while some of the cheaper brands of canned salmon are somewhat less attractive in colour and shape, their food value is about the same. In purchasing fresh fish, see that the eyes are bright and prominent, that the flesh is firm, and the gills red.

Many fish such as Skate, Red Cod, Ling Cod, Burbot, Cusk, Mullet, Catfish, Silver Hake and Gray Fish, are of excellent food value, but there has been comparatively little market for them because they have not been well known.

WHAT TO DO WITH FISH IN DANGER OF SPOILING.

Fish will keep longer cooked than raw, so that surplus fresh fish can be cooked by steaming, boiling or baking, and then this can be reheated when needed; or they can be baked in a granite pan with the addition of a quantity of weak vinegar, salt, pepper and a bay leaf. This pickled fish is excellent either hot or cold. Any left-over fish (not pickled in vinegar) can be used to make creamed fish, scalloped fish, fish pie or fish chowder.

PREPARATION OF FISH.

When fresh fish are prepared by scaling or skinning, they should be wiped with a clean, dry cloth, and placed dry in a cold place. If put in cold water, food substance will be dissolved and so lost.

Before boiling, salt fish must be soaked for several hours in cold water to remove some of the salt. This water should be changed several times, or, better, place the pan containing the fish under a tap which is allowed to drip, thus insuring constant change of water.

The head and tail of a fish may or may not be removed, according to size of the fish and manner of cooking. Small fish are generally served with head and tail left on. If the head is left on, the eyes should be removed.

FROZEN FISH.

Frozen fish must be placed in cold water to have the frost drawn out. When this is completed, clean and prepare as any other fish, and cook in any desired form. Fish which has been frozen is just as nutritious as any other, and its cheapness should make it more widely known.

TO BONE A FISH.

To bone a fish, first clean and skin. Then beginning at the tail, run a sharp knife under the flesh close to backbone, and with knife follow the bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of one-half the flesh; turn, and remove flesh from other side. Pick out with the fingers any small bones that may remain.

TO FILLET A FISH.

To fillet a fish, clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a FILLET. Halibut, cut in three-fourths inch slices, is more often cut in fillets than any kind of fish, and these are frequently rolled. When flounder is cut in fillets, it is served under the name of Fillet of Sole. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

METHODS OF COOKING.

The value of fish as an article of diet depends largely upon the method of its cooking. Fish in fine condition, well cooked, neatly served, and with appropriate sauce, stimulates the appetite, induces a flow of saliva and favours digestion and absorption; while fish badly cooked and served carelessly is unappetizing and undesirable. There are many methods of cooking fish.

FRYING—Prepare the fish for frying in one of the three following ways:

- (1) Roll in cornmeal, sifted oatmeal, or flour.
- (2) Dip in prepared batter.
- (3) Dip in egg, then in bread crumbs.

No. 1, with oatmeal or cornmeal, is most economical.

The fish may be fried in a frying-pan with enough fat to keep it from adhering to the pan, brown on one side, then turn over and brown on the other. This is called pan-broiling; or it may be fried in deep fat until brown. In pan-broiling the pan must be hot, and in deep frying the fat should be very hot. When the fish is removed from the deep fat it should be placed on paper or a clean cloth so as to absorb the fat, then placed on a hot dish and served.

HOW TO BOIL FISH.

Clean and wash in cold salted water any fresh fish suitable for boiling, such as, Cod, Haddock, Eel, Mackerel, or Hake, cut off the fins, take out the eyes from small fish, wrap and pin in cheese-cloth and put into boiling water, add salt and a tablespoon of vinegar. The water must not boil vigorously. Allow ten minutes for each pound, and ten minutes extra for a large fish; when done, lift out, drain, and serve hot on a dish with appropriate garnishes and sauces. So estimate the time of cooking as to be able to serve the fish hot immediately it is cooked.

HOW TO BAKE FISH.

Clean the fish, remove the eyes if the head is left on, rub with salt, fill with the dressing and sew the edges together; place on a rack, skewer into the shape of an S. This is done by putting the skewer through the tail into the middle of the body and through the head, then drawing up. Dredge with flour and put a little fat in the pan, and baste the fish every ten minutes. Cook in a hot oven. Allow ten minutes for every pound of fish, and ten minutes extra. Garnish with parsley, and serve with drawn butter or suitable fish sauce.

Dressing for Baked Fish—1 cup soft bread crumbs; 1 teaspoon onion juice or grated onion;
 $\frac{1}{4}$ teaspoon salt; 2 tablespoons melted dripping;
 $\frac{1}{2}$ teaspoon pepper; $\frac{1}{2}$ teaspoon mixed seasonings;
 1 teaspoon chopped parsley.

Mix the seasoning with the bread crumbs, then add the melted dripping. If moist dressing is required, moisten with milk.

HOW TO BROIL FISH.

Clean the fish and remove the head and tail; if a large fish, remove also the backbone; if very large, cut into steaks. Rub with butter, then salt and pepper. Grease the broiler, sear the fish on one side, then the other. When cooked, the flesh separates from the bone. Season, garnish, and serve.

GARNISHES FOR FISH.

The appearance of the fish when served is much improved by the addition of a garnish of parsley, lemon cut into various shapes, cress, egg, beet pickle slices, etc.

BEST METHODS OF COOKING DIFFERENT FISH

All fish can be fried. Some lend themselves to boiling and for Chowders, whilst others are better baked or broiled. We give the following list of ways in which the different fish are best:

Fried—Perch, Catfish, Goldeyes, Maskinonge, Bass, Pickerel, Pike, Dore, Trout, Smelts, Herring, Soles, Flounders, and any small fish are better fried.

Broiled—Any fish that can be fried can be broiled.

Boiled—Bluefish, Carp, Codfish, Haddock, Hake, Halibut, Salmon, Sea Trout, Skate, Mackerel, White Fish, Maskinonge, Lake Trout and Pike.

Baked—Bluefish, Bass, Carp, Cod, Hake, Pollock, Haddock, Halibut, Salmon, Fresh Mackerel, Large Sea Bass, Shad, Sea Trout, Flounders, and Herring.

Eels—may be stewed, fried, baked or pickled.

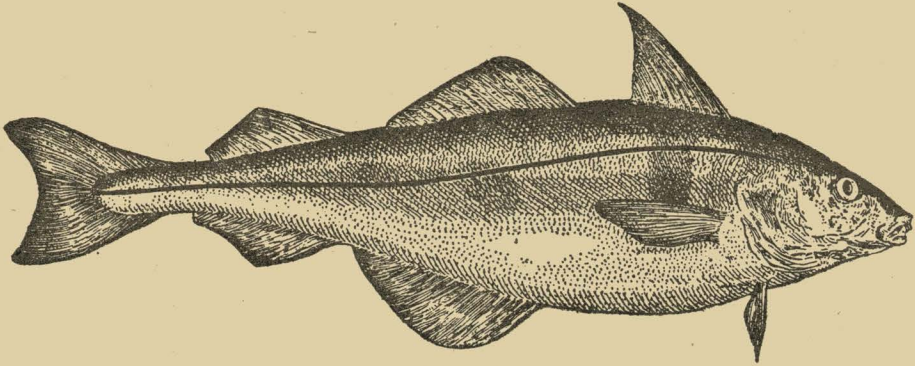
Fish Balls—Take left-over fish, remove all the bone and shred finely. Boil, mash, and season potatoes according to the quantity required. Add the fish. Make into balls about the size of an egg. Flour the outside lightly, and fry in fat.

Fish Chowder—Boil separately any white fleshed fish, onion, and potato. Drain, remove the bones from the fish. Combine the three in one pan, add white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is equally good when left-over fish is used.

Scalloped Fish—Take equal measure of canned or left-over fish, and Standard White Sauce. Arrange in layers in a baking-dish with sauce on top. Melt a small bit of fat and stir in enough dried bread crumbs to cover the top. Spread them evenly and bake in a hot oven until thoroughly heated through. The measure of fish may be made up partly with potatoes, cooked rice or hard-boiled eggs.

Steamed Fish—Any fish that is suitable for boiling may be steamed and requires the same length of time for cooking as boiled fish.

CANADA'S CHIEF SEA FISH.



HADDOCK.

HADDOCK—This favourite fish is taken in great quantities on the Atlantic Coast. About 26,000 tons are landed annually, of which the greater part is consumed fresh. Haddock is not as well known as it deserves. Much of it is smoked and appears on the market in the form of Finnan Haddie. This may be bought whole or in fillets. The fillets have the skin and bone removed and are necessarily higher in price, as there is no waste.

HADDOCK, BOILED.—Wash and scale thoroughly, wipe the inside, and fasten the tail in the mouth with a skewer. Put 2 oz. salt into $\frac{1}{2}$ gal. water, and when it is dissolved, put in the fish. Bring the water quickly to a boil, remove the scum, then simmer gently (about $\frac{1}{2}$ hour), until the eyes of the fish start and the flesh leaves the bones easily. Take it up as soon as it is sufficiently cooked, or it will be hard and tasteless. Garnish with parsley, and serve with melted butter.

HADDOCK, FLAKED.—Boil a fresh haddock in the usual way, and when cooked lift the flesh from the bones, and let it fall into flakes. Season with pepper and salt, and sprinkle a little lemon-juice over it. Have ready a cupful of white sauce. Toss the fish and the sauce together; arrange the mixture on a dish that can be sent to table, put breadcrumbs on top, and bake in a hot oven for about 15 min.

BAKED STUFFED HADDOCK—Wash, scale and wipe fresh Haddock. Prepare a dressing with one ounce of chopped suet to two ounces of bread crumbs, one teaspoon of herbs and parsley. Season with a little salt and pepper. Add to this two tablespoons of milk or one half of an egg, and stuff the body. Sew up at opening. Brush over with beaten egg. Sprinkle with bread crumbs and a few bits of fat. Bake in a brisk oven until done, basting frequently. Pour over it a little melted dripping and serve hot.

Fresh Haddock may be baked, broiled, or fried. The left-over parts may be used in Chowder, Fish Pie, Fish Cakes, or Fish Croquettes, by the addition of a small quantity of onion, potato and seasonings.

CREAMED FINNAN HADDIE—Pour boiling water on the Finnan Haddie. Leave a few minutes, and pour off. This takes away some of the smoky taste. Lay the fish in a baking-pan and cover with milk or water. Cook gently in the oven until done. Make a white sauce, using the milk that is on the fish. To one cup of this milk use two tablespoons of flour, one tablespoon of butter and one eighth teaspoon of pepper. It requires no salt. Carefully remove the bones from the fish, breaking it as little as possible. Add this flaked fish to the White Sauce. Reheat, and serve at once.

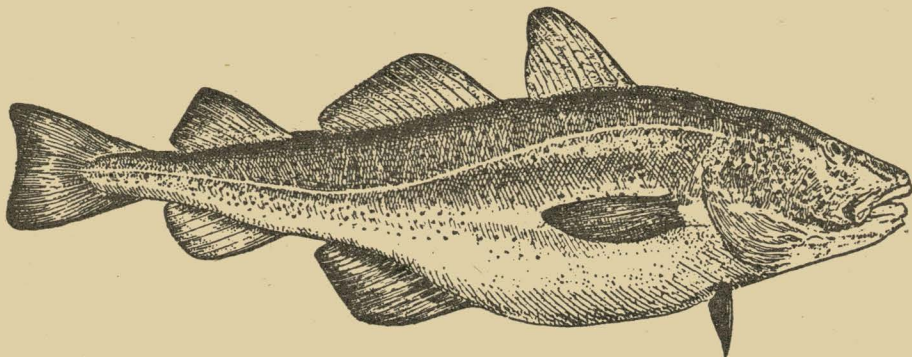
BAKED FINNAN HADDIE—Put fish in a pan in the oven with a little water. Cook about half an hour or until done and drain off the water. Place on a hot dish, add a few bits of dripping and sprinkle with pepper and serve hot.

COD—Cod, either fresh or salted, provides some of our best fish food. This fish is very abundant, and is a cheap source of protein. About 100,000 tons are taken annually by Canadian fishermen. Much is salted, but, if its value were better known, more of this fine nourishing fish would be consumed fresh in this country with beneficial results to producer and consumer.

Cod are mainly caught from April to November, but are most plentiful from June to September inclusive.

BOILED COD.—A large cod-fish should not be cooked whole; the head and shoulders make a good dish by themselves, though the middle contains more solid meat. Well wash and cleanse the inside of the fish, put it into plenty of cold water, with a handful of salt, bring to a boil, skim carefully, let it boil gently, and when nearly cooked draw it to the side of the fire, and let it remain

until done. Plain melted butter may be served with it. Time to boil, 20 min. for a moderate-sized piece, longer for a large one.



COD.

BOILED FRESH COD—Wrap the fish in cheese-cloth, and place on the rack in a fish boiler, with enough tepid water to cover. Add salt and a tablespoon of vinegar. Bring to boil and boil gently until the fin or tail bone will come out if pulled lightly. When done, lift carefully out of the water, drain, dish up and serve with melted butter, Anchovy, Parsley or Oyster Sauce.

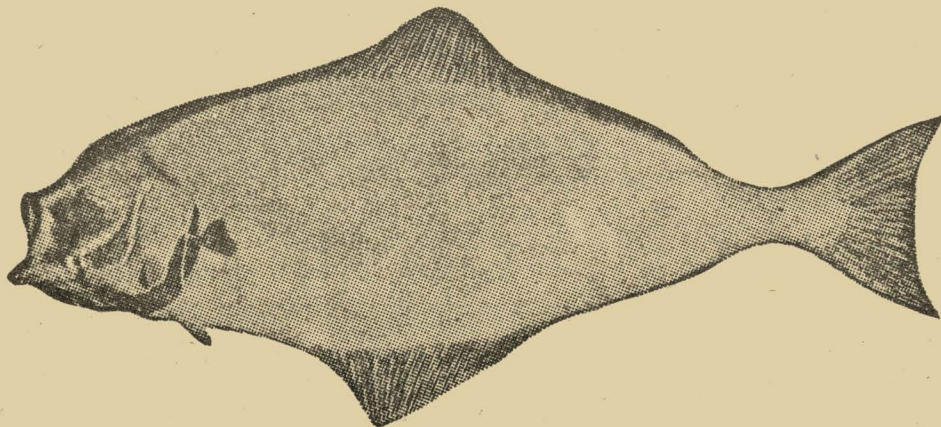
BAKED COD—Wipe the fish and place on a buttered baking tin. Prepare a dressing of bread crumbs, savory herbs, parsley, pepper and salt. Bind it with a little beaten egg. Place this upon the fish and season. Add to the top a little fat in the form of butter or dripping. Bake in a moderate oven for ten minutes for every pound and five minutes extra. Serve with Hollandaise Sauce with the addition of some Anchovy, or any sauce that may be preferred.

FRIED COD STEAK—Clean the steak. Sprinkle with salt and pepper, and dip in cornmeal. Cook in a frying-pan in a little dripping until light brown on each side.

CODFISH BALLS—1. Boil one cup of codfish. Boil and mash four good-sized potatoes. Combine the potatoes and codfish. Mash all together. Add butter, pepper and one beaten egg. Roll in flour to form balls and place in a frying-pan. Fry brown on one side, turn and brown the other. These may be egged, crumbed, and fried in deep fat.

2. Another good method is to take the same materials, cut the potatoes into three or four pieces, tear the fish into pieces, and boil together until the potatoes are tender. Then drain, mash and season with butter, pepper and egg, and drop by spoonfuls into deep hot fat.

LUNENBURG SALT COD.—Soak the fish over night. Pour off the water. Cut into small bits. Put on in cold water and bring to a boil. Pour off the boiling water, once or twice, and renew with fresh boiling water. Then add an equal quantity of potato pared and cut into cubes. Cook until the potatoes are done. Fry some sliced onions and pork scraps until the onions are cooked. Serve the fish and potatoes in a deep dish and pour the onions over the whole.

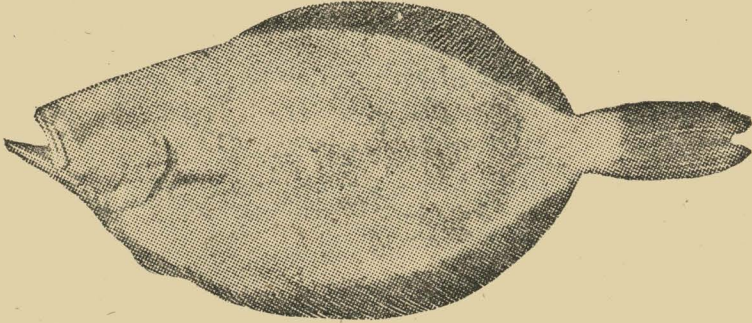


HALIBUT.

Halibut is one of the largest of the flat fishes common to the Atlantic and Pacific Oceans. The greater part of Canada's halibut comes from the Pacific—about one-fifth only being caught in the Atlantic. It is most plentiful during the summer months.

BAKED HALIBUT—Clean the fish. Put on a rack in baking pan. Brush over with butter. Bake, allowing ten minutes per pound, until the flesh separates readily from the bone, basting every ten minutes. Remove skin. Garnish with lemon and parsley, and serve with Drawn Butter Sauce.

FRIED FILLET OF HALIBUT—Remove the skin and bones from a slice of Halibut weighing about one and one half pounds. Cut into eight fillets. Sprinkle with salt and pepper and lemon juice. Roll, and fasten with a wooden skewer. Egg, crumb and fry in deep fat.



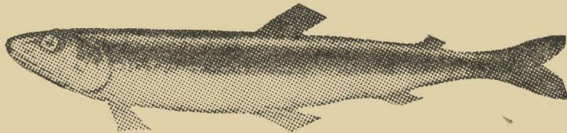
FLOUNDERS.

Flounder is an exceedingly common and readily procurable flat fish of good eating quality. seasonable during the winter months.

FLOUNDER, Baked—Flounder is often served as English Sole. It may be fried in the usual way. The following is a method of baking:

Fillet a flounder, and place the fillets on a well greased dish. Sprinkle over with finely chopped parsley, salt and pepper, and add a tablespoon of vinegar and enough fish stock to half cover. The fish stock is made by boiling the bones with an onion, a clove and a little salt about fifteen or twenty minutes. Over the fillets of flounder place bits of butter or lard, and sprinkle with bread crumbs. Bake in a hot oven about one quarter of an hour. Send to the table in the dish in which it was cooked.

NOTE.—Sole and Flounders are found in abundance on the Pacific Coast, and are very desirable forms of cheap fish.

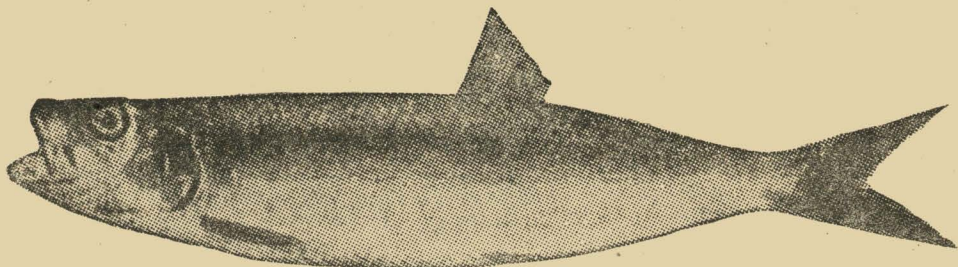


SMELT.

The smelt is a small and very delicate food fish native to the Atlantic and Pacific Oceans. It averages four or five ounces and is in season from December to March.

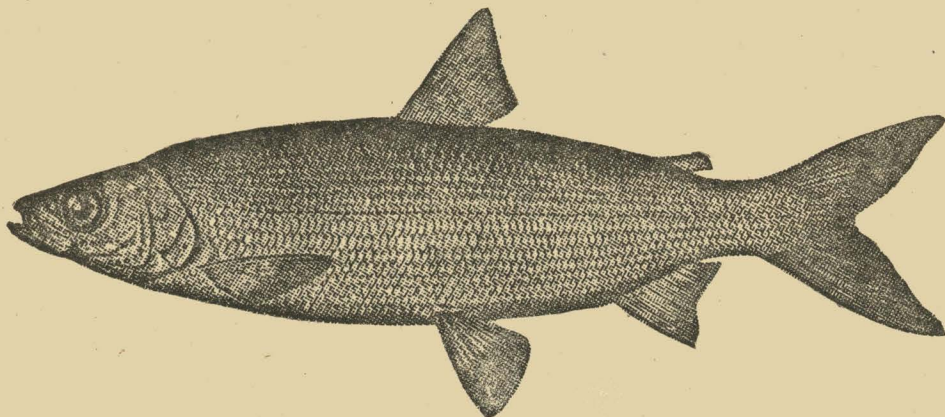
SMELTS—Smelts are served **fried**. Open the gills, draw each separately between the finger and thumb, beginning at the tail. Wash, clean and drain. Then salt, roll in a mixture of half cornmeal and half white flour. Fry in a frying-pan with plenty of fat. Take out, drain and serve on toast. They should be crisp and brown. Garnish with parsley and lemon.

Herring is a tasty fish and is prepared in a number of ways in Canada. It should command a larger market than it does. Pickled in salt and brine it is put up in barrels, half-barrels and small kegs. Split and smoked it is marketed as bloaters and kippers, and in small boxes as boneless smoked herring. In the latter state it is often known as "Digby Chickens." As a cheap and tasty food, herring is hard to beat. Both the Pacific and Atlantic varieties of herring are prepared in many ways, and the fresh water lake herring is also pickled and in a smoked state commands a ready market as Ciscoes. In cans, herring is packed as kippered herring, plain or in tomato sauce.



HERRING.

Herring are caught on the Atlantic from April to November. They are in best condition from July to October. On the Pacific coast they are most plentiful from November to February.



LAKE HERRING.

FRIED FRESH HERRING.—Clean and scale the herring and wipe them well. Remove the heads. Roll in flour. Dust over with a little pepper and salt, and fry in a hot frying-pan. They need very little fat as they contain a great deal of oil.

BAKED HERRING.—Clean as for frying. Place in a baker on a rack enough herring to cover the rack. Put in one teacup of water, one-third of a teacup of vinegar, a bayleaf and one-half a teaspoon each of pepper and salt. Cover and cook one-half hour. Serve in the dish in which they are cooked.

KIPPERED HERRING.—Place the herring between a greased gridiron and cook over a bright fire for ten minutes. Spread a little butter over the top and serve.

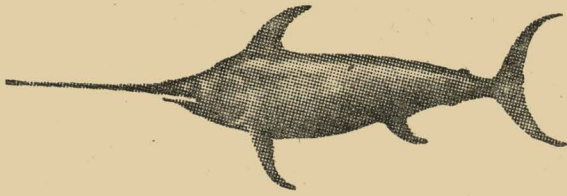
FRESH, BOILED HERRINGS.—Wash, scale, and gut them, sprinkle with a little salt, and dip them once in vinegar; skewer them securely with their tails in their mouths, put them into boiling water, simmer very gently until done, 12 min., and take out immediately.

SPICED HERRINGS.—Clean 4 fresh herrings. Lay them in a dish with sufficient vinegar to cover them. add 4 cloves, 2 allspice, 1 tarragon leaf, pepper and salt as desired, and a pinch of cayenne. Bake slowly for 2 hours, place on a dish, garnish with sliced lemon, and serve cold.

TONGUES AND SOUNDS.

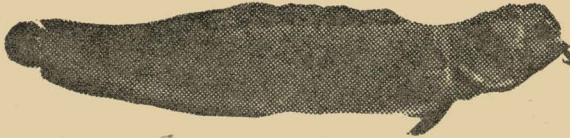
The thick tongue of the cod and the sound—a glutinous substance which lies along the backbone of the fish—is put up in salt and pickle in barrels and pails. Fried or boiled, they are a particularly delicious and tasty food. The sounds of hake are largely dried and used for making isinglass and glue.

The swordfish is a remarkable fish native to the Atlantic Ocean. It has been recognized as a valuable food only of late years and is now regarded as one of the most palatable of salt water fishes. The flesh is white, free from bones, and with a taste not unlike veal. It is in season during the summer months.



SWORDFISH.

Swordfish are always cooked as steaks. They are called swordfish steaks.



CUSK.

The Cusk is a member of the Cod family. It is similar to the Burbot, and in Great Britain is known as Ling. It is a fine food fish, and is a favourite in the United States. It is sold in fillets. The smoked fillets find a ready market as a choice article of diet. It may be fried, broiled, creamed or scalloped.

HAKE, POLLOCK AND SKATE.

The Hake is a native of the Atlantic, and much esteemed as food. It is procurable at all times, but in the best condition in the fall. It is largely salted and dried for export.

The Pollock is a salt water fish, native to the Atlantic and belonging to the Cod family. When fresh, it is a cheap and palatable food. It is at its best during the summer and fall. It is also salted and dried for export.

The Skate is a fish caught in the Atlantic, and Pacific, but not sufficiently appreciated by Canadians. There is a good market for Skate in Great Britain.

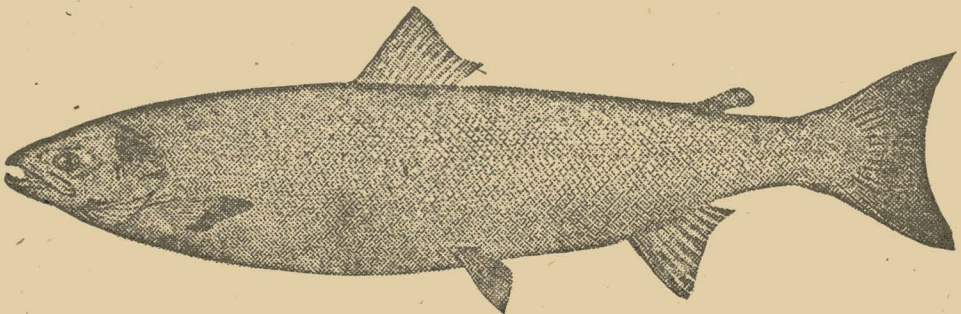
All three of these fish are good fried, boiled or creamed.

BAKED HAKE.—Baked Hake is a favourite fish. The head is left on, and it is stuffed with dressing. Strips of fat pork or bacon are put over it, and it is baked and served whole on the platter with Drawn Butter Sauce.

HAKE CUTLETS, Fried.—Cut 2 lb. hake into cutlets, dry them well, and dip them into a thin batter of flour and water. Cover them with breadcrumbs, and fry them in hot lard or dripping, until brightly browned on both sides. Put them to drain, and garnish with parsley.

Skate may be fried in the pan or dipped in batter and fried in deep fat. It is also excellent boiled. This fish is extremely gelatinous and rich in phosphorus, and is considered one of the most nourishing of all fish foods.

SKATE, Fried.—Cut the skate into square pieces; let these lie for an hour in cold water with a little vinegar, a sprig of parsley, and a few peppercorns, drain, dry, and flour them, dip them in egg and breadcrumbs, and fry them in hot dripping till they are lightly browned.



SALMON.

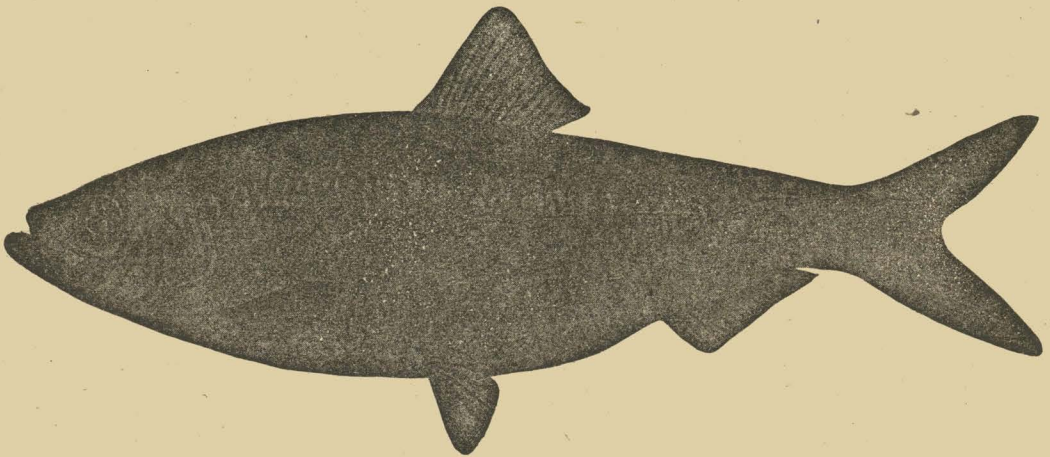
The Salmon is native to the Pacific Coast, to the Maritime Provinces of Canada, Labrador and Newfoundland. The Atlantic Salmon is most plentiful during June and July, the close season for it extending from August to April. The Pacific varieties can be obtained fresh and frozen throughout the year.

Canned—Great quantities of salmon are canned yearly, so that much of what is used inland is canned. With canned salmon we may make Salmon Salads, Salmon Loaf, Salmon Croquettes, Salmon Timbales, Salmon Souffle, Scalloped Salmon and Creamed Salmon. The method in use for these is the same as for any other meat or fish.

SALMON, Boiled—Rub a fish about six pounds in weight with salt. Tie carefully in a cheese-cloth, and boil slowly three quarters of an hour. Serve with Egg or Caper Sauce. Garnish with parsley and lemon.

SALMON LOAF No. 1.—One small can of salmon; one cup of dry bread crumbs rolled fine one egg; two tablespoons sweet milk; pepper and salt. Remove bones from salmon, break into small pieces, and well-beaten egg, seasoning, and cracker crumbs; bake in a well-buttered dish for fifteen minutes; serve hot.

SALMON LOAF, No. 2.—One can salmon, one pint of mashed potatoes, one cup browned cracker crumbs, two cups of parsley sauce. Grease a good-sized mould with butter, sprinkle with, cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mould. Cover with potatoes and then cracker crumbs put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over. The oil drained off the salmon may be used in making this sauce.



GASPEREAU OR ALEWIFE.

This is sometimes known as a Branch herring. It is found in either salt or fresh water, and is in season from April to June, fresh. It is extensively salted and sold in this way. It may be cooked as any fresh or salt herring.

MACKEREL.

FRESH MACKEREL, Baked—Split fish, clean and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper and dot over with dripping (allowing one tablespoon to a medium sized fish.) and pour over two-thirds cup milk. Bake twenty-five minutes in a hot oven.

Mackerel will not keep fresh as long as other fish; it is therefore necessary that it should be consumed whilst perfectly fresh.

Boiled—Wash, clean, remove insides, remove heads and tie the fish in a cheese-cloth. Put in boiling water, and boil gently for thirty minutes. Serve with Drawn Butter Sauce. Garnish with parsley.

Fried and served with bacon—

Fry six good sized slices of bacon. Split the Mackerel down the back and clean, scraping all the thin black skin from the inside. Wipe dry, and lay in the frying-pan; fry on one side a nice brown, then turn and brown the other side. Season with butter, pepper and salt. Serve with the bacon.

SALT MACKEREL—Soak in plenty of water from ten to twelve hours before cooking. Cook as fresh Mackerel.

Broiled.—Soak the Mackerel for twelve hours or more with the skin side up, and change the water several times. Simmer for fifteen or twenty minutes in the water with a teaspoon of vinegar, a bay-leaf, one slice of onion, and a sprig of parsley. Then drain and broil. Serve with a little dripping, lemon juice and chopped parsley.

Mackerel are caught from May to November. They are most plentiful in May, June and in September and October.

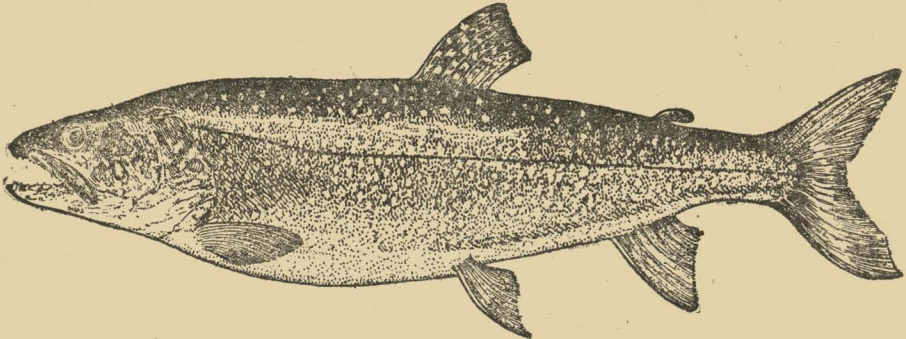
CANADIAN SHELL FISH.

Shell Fish—are oysters, clams, scallops, lobsters, crabs and shrimps.

Oysters—are in season from September to May. They may be creamed, broiled, fried, scalloped, served raw or in Oyster Soup. Oysters are valuable in Sick Room Cookery.

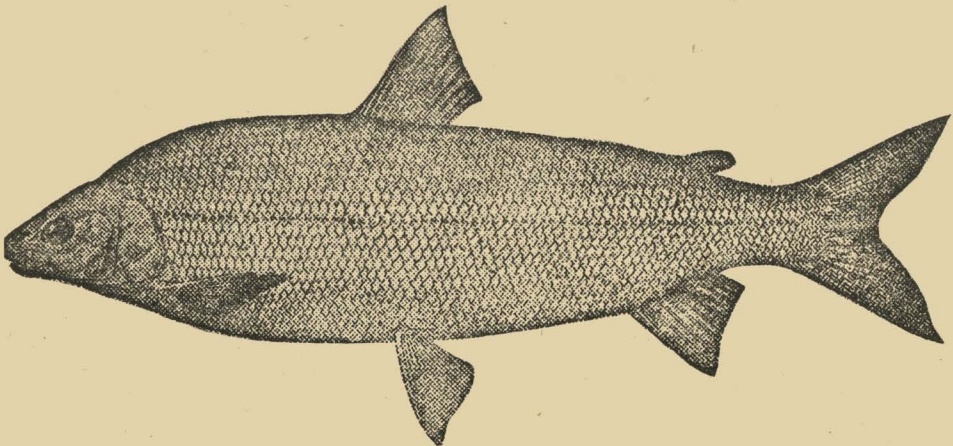
LOBSTERS in a fresh state are more abundant from June to September. They appear on the market throughout the year **CANNED**. In using canned Lobsters, the contents of the can should be removed **IMMEDIATELY** upon its being opened.

CANADIAN FRESH WATER FISH.



SALMON TROUT.

The inland waters of Canada abound in excellent fish, and these are not used in quantities warranted by their excellence. There are many kinds of food fish of which the White Fish and Salmon Trout are much in demand. It would surely reduce the cost of living if many more people learned to eat the cheaper fish, such as Pickerel, Herring, Pike, Carp, Catfish, Eels, Perch and Burbot. These are just as good food as the more expensive kinds and every bit as palatable when properly cooked.



WHITEFISH.

This is the most important and the best known of the fresh water fish. It is easily procurable from April to December. Its flesh is very fine and has high food value.

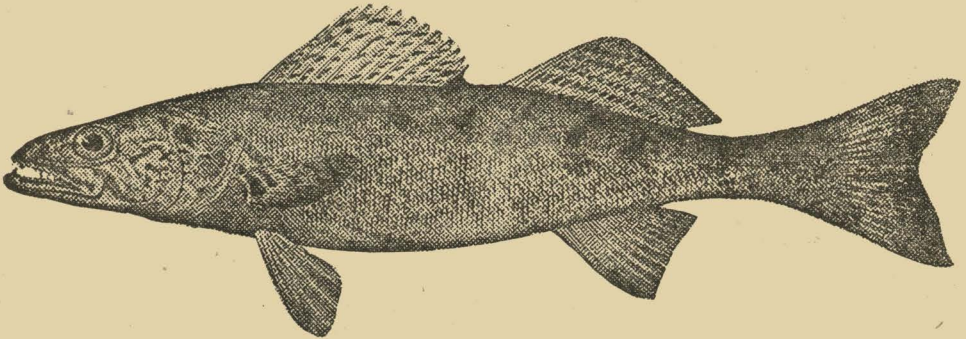
White fish can be broiled or cooked in milk on the top of the stove. Add a little butter always before serving.

BAKED WHITE FISH.—Clean, stuff and skewer in the shape of an S. Brush over with dripping and bake in a hot oven until done, basting frequently. The time varies according to the size of the fish. Usually from thirty to forty minutes. Serve with any good fish sauce,—Drawn Butter, Hollandaise or Lemon.

White Fish, Lake Trout and Pickerel, Bass, Perch, Pike or any fresh water fish, may be boiled or baked as any other fish. All fresh water fish, are good for frying. The method is the same,—clean, dry, roll in fine oatmeal, cornmeal or white flour, and fry in a frying pan in fat.

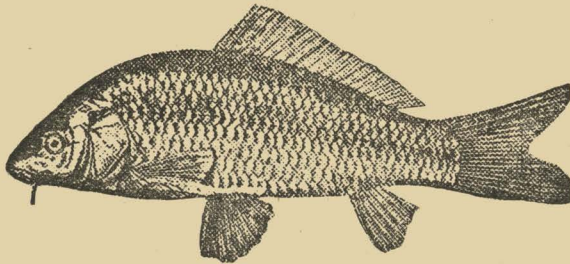
BROOK TROUT OR SPECKLED TROUT—These can be fried by the same method as Smelts.

BASS—There is no fresh water fish that has a finer flavour than Bass. To prepare, scale or skin, rub dry, and put in a cold place until needed. Roll in flour, cornmeal or oatmeal, and fry in a frying-pan until a light brown on each side.



PICKEREL OR DORÉ.

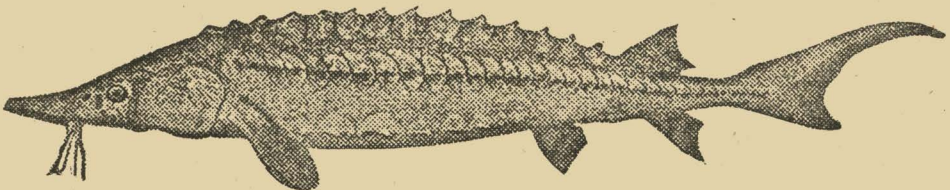
The flesh of the pickerel is firm, flaky and white, and it is much esteemed as a food fish. It is in season during the summer months.



CARP.

An exceedingly common fish in the Great Lakes of Canada. It is not regarded as being of much food value by Canadians but persons from the Continent of Europe have a fancy for it. It is procurable throughout the summer months. Average size is around 3 and 4 pounds.

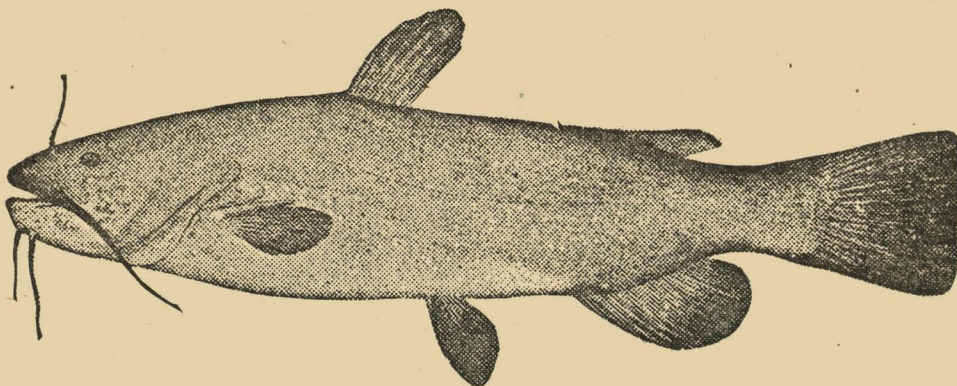
Carp can be cooked in a similar manner to Whitefish.



STURGEON.

The sturgeon is native to the Atlantic and Pacific Coasts, and the rivers and inland lakes of Canada. It is procurable at all seasons and particularly good in the summer months. It is free from bone, and is good for slicing and for cutlets. Sturgeon roe is used for making caviare.

Pike is a common fresh water fish found in the inland waters. It is a good fish and can be either fried or baked.



CATFISH.

The catfish is sometimes called Bullhead. This is a fresh water fish. They are not attractive in appearance and are usually sold on the market cleaned and skinned. They are always served fried.

BURBOT.

This fish is variously called eelpout, eeling, ling and other names. The Burbot has the distinction of being the only fresh-water member of the cod family, all of its relatives living in the sea. It is found in all our Great Lakes, and a big demand has been created for it throughout the United States. Its flesh is white and delicate, and it is equal to any of the better known fish. The Burbot is coming on the market at a price which will place it within reach of every person.

RECIPES FOR COOKING BURBOT.

1. **FRIED BURBOT.**—Remove the backbone from four pounds of Burbot and cut the fish into suitable pieces for serving. Salt and pepper both sides, dip in egg and roll in cracker dust or bread-crumbs. Fry on both sides to a golden brown. If the fish are large, they are better if the pieces are first parboiled.

2. **BOILED BURBOT.**—Boil three pounds of fish and serve with egg sauce made as follows: Thicken one pint of milk with corn starch or flour, add a lump of butter the size of a walnut, one egg, salt and pepper. Boil and stir briskly until flakes of egg yolk come to the top.

3. **SCALLOPED BURBOT.**—Place two cupfuls of skimmed fish cut into small pieces in a baking dish. Dredge over it one-third cup of flour, add one-half tablespoonful of salt, pepper, and two tablespoonfuls of butter. Cover with milk and bake for 30 to 40 minutes.

From Bulletin, Dept. of Commerce (Bureau of Fisheries), Washington.

FISH EGGS.

Otherwise known as roes and peas. The roes of shad, haddock and cod, are to be procured in a fresh, smoked and salted form. The roe of the sturgeon is especially valuable and is prepared into the world famous caviare.

WHITE FISH ROE.—Boil twenty minutes, then cut into slices. Egg and crumb, and fry to a light brown.

BAKED SHAD ROE OR MACKEREL ROE.—Cook Shad Roe fifteen minutes in boiling salted water to cover with one-half tablespoon of vinegar. Drain, cover with cold water and let stand five minutes. Take from cold water, place in a buttered bake dish with a cup of tomato sauce. Bake twenty minutes in a hot oven.

FISH COOKED IN VINEGAR.

FISH IN VINEGAR.—Fish, especially oily fish are very palatable cooked in vinegar. Burbot and Eels are especially good this way. Prepare fish for the pan, place in granite baker with water to half cover, to which is added a cup of vinegar, some small red pepper corns, salt and a bayleaf. Cook in oven till done. Any fish can be cooked this way. They are good eaten either hot or cold.

DELICIOUS SAUCES FOR FISH.

Most kinds of fish are improved by the addition of a sauce of some kind. The same sauces may not be served with all kinds of fish. Many sauces, other than the bottled commercial sauces, are variations of the standard white sauce. We give the following sauces and their variations:—

Standard White Sauce—2 level tablespoons flour; $\frac{1}{2}$ level teaspoon salt;
2 level tablespoons butter; $\frac{1}{4}$ level teaspoon pepper;
1 cup milk.

Melt the butter, add flour and seasoning, then add milk slowly, and cook thoroughly, stirring constantly to keep from burning.

Egg Sauce—To a standard white sauce add a hard boiled egg chopped very fine; or add the yolk, chopped fine, to the sauce, and grate the white through a sieve over the fish when serving; or chop the white of hard boiled egg into sauce and rub the yolk through a sieve over the fish.

Egg and Parsley Sauce—is made as a standard white sauce, with the addition of chopped hard boiled eggs, and a tablespoon of chopped parsley.

Drawn Butter Sauce—Make as standard white sauce, using same quantities of flour and butter, and using water instead of milk.

Cucumber Sauce—is Drawn Butter Sauce with the addition of some finely chopped cucumber.

Caper Sauce—is Drawn Butter Sauce with the addition of a small quantity of capers.

Hollandaise Sauce—is White Sauce with the addition of the yolk of an egg, and, after removing from the fire, the juice of half a lemon. Hollandaise Sauce is acid, and can be served with either boiled or baked fish or fish timbales, etc.

A richer sauce requiring more butter can be made with the following:—

$\frac{1}{2}$ cup butter,	few grains cayenne,
Yolk of two eggs,	juice of one lemon,
$\frac{1}{4}$ teaspoon salt,	$\frac{1}{2}$ cup boiling water.

Cream the butter, add the yolks of the eggs, and beat thoroughly; add the salt, cayenne, and the boiling water. Cook in a double boiler, stirring until the sauce thickens; remove from fire and add the lemon juice. Guard against over-cooking.

Maitre d'Hotel Sauce—Beat two tablespoons of butter to a cream with the juice of half a lemon, adding a tablespoon of finely minced parsley. Serve cold with hot fish. This may be served in a little cup made of half a lemon with the pulp and the inside white skin removed.

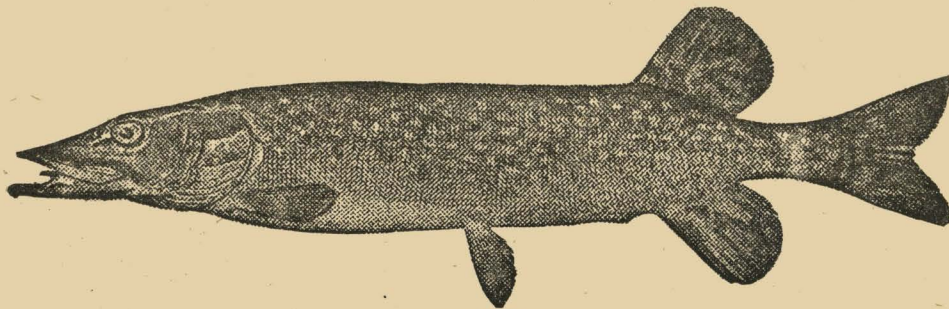
Horseradish—To a cup of Standard White Sauce, add a tablespoon of grated horseradish, wet with lemon juice, and work to a creamy whiteness.

Tomato Sauce—Make as White Sauce, using instead of milk, tomato juice that has been strained from cooked tomatoes, with the addition of an onion.

Sauce Tartare—is Mayonnaise with the addition of finely chopped pickles, capers, olives and parsley.

Hot Sauce Tartare— $\frac{1}{2}$ cup White Sauce,
 $\frac{1}{2}$ cup Mayonnaise.

To this add $\frac{1}{2}$ tablespoon each of finely chopped capers, pickles, olives and parsley.



PIKE.

FOOD CONTROL IN CANADA.

1. General Ends to be Accomplished:

- (A) To have available as large a quantity as possible of suitable foods for the Allied armies;
- (B) To have available as large a quantity as possible of suitable foods for the civilian populations of Great Britain and the allies;
- (C) To have sufficient and suitable food at reasonable prices for the civilian population of Canada.

2. Means Through Which These General Ends May Be Accomplished:

- (A) Increase in the production of foods;
 - (B) Elimination of waste in the handling and use of foods;
 - (C) Shifting of the consumption, in part, from foods needed for the armies and civilian populations of Great Britain and the Allies, chiefly *wheat* and *flour*, *beef* and *bacon*;
 - (D) Prevention of unnecessary increase in prices of foods.
-

ORGANIZATION OF ADVISORY BODIES.

(VOLUNTEER PATRIOTIC SERVICE.)

Special Committees.

To investigate, formulate, and suggest plans for dealing with particular problems coming before the Food Industries, Food Distribution and Food Saving Bureaus, which deal with various phases of the food problem such as distribution, costs and prices, consumption, etc.

Personnel to include representatives of

Producers,
Manufacturers,
Handlers,
Consumers, as the cases and circumstances may require.

Advisory Council

To advise Bureaus through the Food Controller on questions of Productions, Manufacture, Transportation, Storage, Distribution, Costs and Prices, Consumption, Exportation, etc.

Personnel to include representatives of

Government Departments,
Churches,
The Press,
Educators,
Scientists,
Urban Business,
Farming,
Labor Organizations,
Provincial Committees.

Provincial Committees

To co-operate in securing means and methods for carrying out plans prepared by Bureaus and approved by Food Controller.

Personnel to include representatives of

Provincial Government Departments,
Local Governments and Boards, Churches, The Press, Educators, Urban Business, Farming.
Labor Organizations,
Women's Organizations,
Men's Organizations.

HELP THE FIGHTERS TO WIN

SAVE WHEAT.—Great Britain and our Allies must have 460,000,000 bushels from Canada and the United States. Normal consumption must be reduced by at least 25% to meet war needs.

SAVE BEEF AND BACON.—Normal consumption must be reduced by at least 25 per cent to meet war needs.

The demand for these commodities is imperative. The men in the trenches will go hungry if you fail them. Will you let them fight for you and not fight for them?

YOU CAN USE SUBSTITUTES—such as other meats, fish, eggs, milk, oatmeal, barley, etc., with benefit to health.

YOU BETRAY YOUR COUNTRY'S CAUSE WHEN YOU WASTE FOOD.—Over \$50,000,000 worth of foodstuffs goes into the garbage waggons of Canada every year. Such waste in wartime is a crime. Your loyalty is measurable by your saving.

EAT PERISHABLE PRODUCTS.—Preserve, dry, can and store the garden truck which has been produced so abundantly this year. By doing so you prevent waste and release storable foods for export.

VICTORY IS DEPENDENT UPON THE EXTENT OF YOUR FOOD SERVICE.

October 25, 1917.

W. J. Hanna

Food Controller.

Your Part in the War

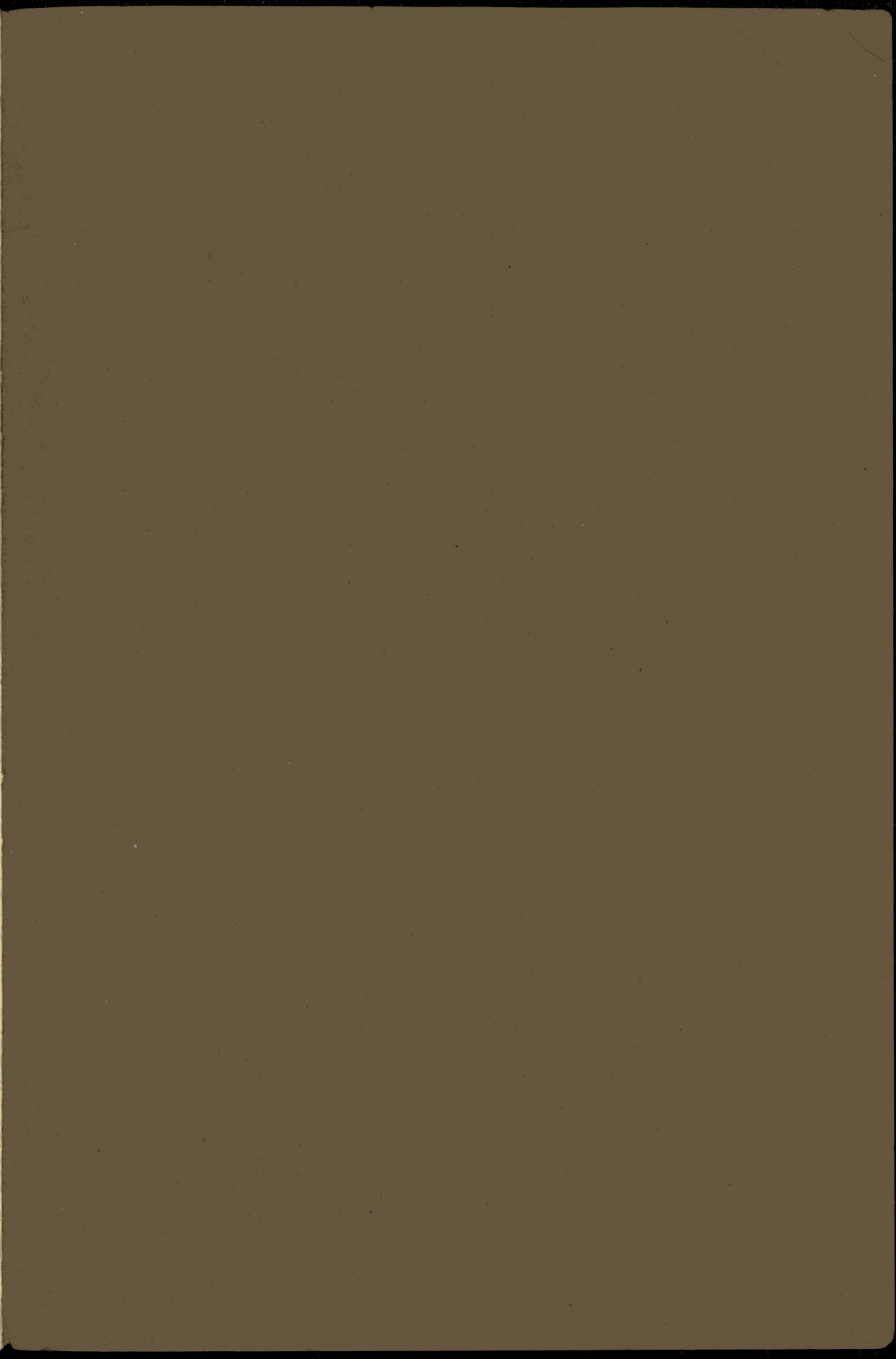
Every one must play some part in the war.

What part are you playing?

If you can't get in the firing line of battle, get
in the firing line of finance—help the nation win
—Buy a VICTORY Bond!

Every bond bought is just so much ammunition
in this war for Liberty and Democracy. Every
bond bought brings victory nearer. Every bond
bought makes peace sooner and surer.

Do your Part! Buy a Victory Bond!

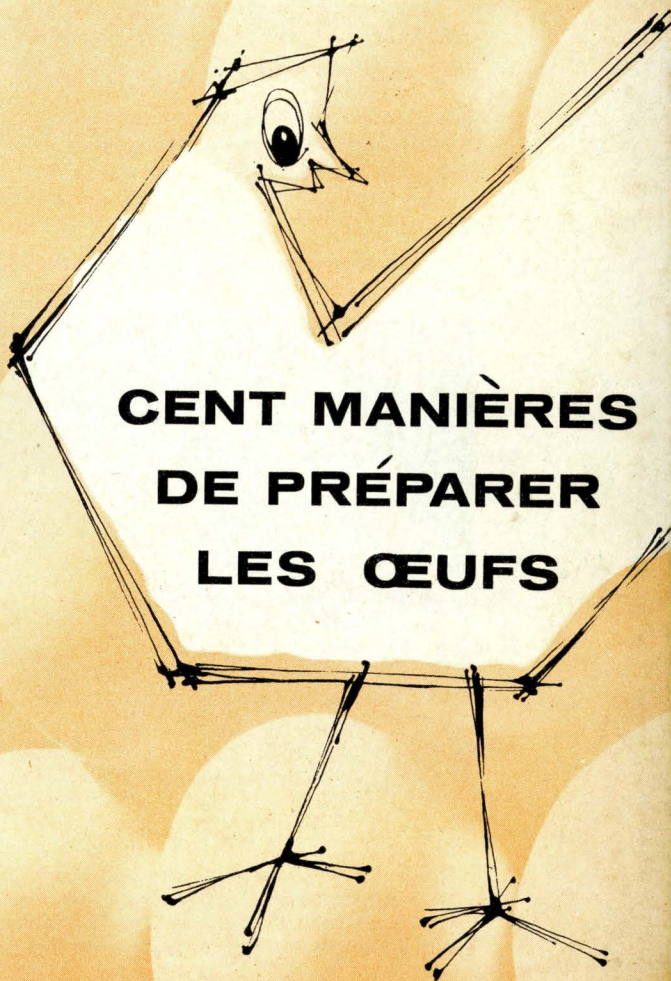




CANADA.

Fish is the only flesh substitute for meat which we have available in large quantity, and even if it costs as much as or more than meat, every Canadian who, in so far as he is able, eats fish and thus releases beef and bacon is performing a patriotic duty and will be helping the men at the Front. The Food Controller is making every effort to increase the supply of fish but obviously the most essential co-operation he needs is that the public as consumers should increase their demand.

R. L. BORDEN.



CENT MANIÈRES DE PRÉPARER LES ŒUFS

**Institut Canadien des Produits Avicoles, 51 Eglinton Ave. E. Toronto 12, Ont.
Secrétaire français, Robert Raynauld, 909 est, av. du Mont-Royal, Montréal, P.Q.**

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Nous remercions la Compagnie des Soupes Campbell Limitée, le Ministère de l'Agriculture du Canada, "Poultry and Egg National Board", Chicago, et la Maison "General Foods Ltd.", qui nous ont fourni certaines de nos illustrations.

IMPORTANCE DU PETIT DÉJEUNER

Le temps consacré au petit déjeuner est bien employé, car les effets de ce premier repas se manifestent tant sur l'humeur et le bien-être général que sur le rendement de travail.

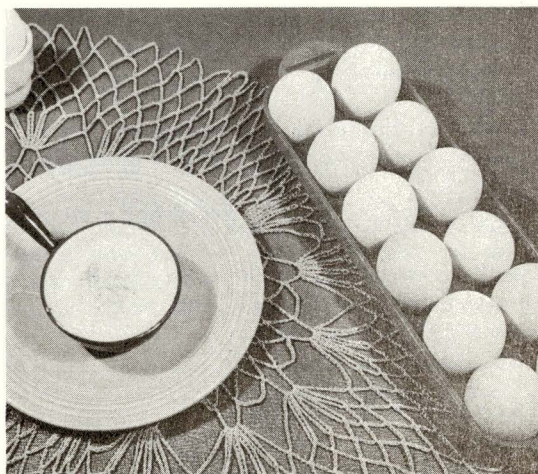
Les hygiénistes alimentaires s'accordent à dire que trop de Canadiens négligent ce repas ou l'omettent complètement. Or, à moins de consommer chaque matin une certaine quantité d'aliments de base, il est difficile de faire entrer dans le menu de la journée toute la variété d'aliments et les quantités recommandées aux Règles alimentaires du Canada.

Donc, pour éviter la fatigue et l'irritabilité, de même que pour donner un bon rendement de travail toute la matinée, il convient de prendre un bon déjeuner chaque matin. En fait, déjeuner veut dire "rompre le jeûne", jeûne qui dure souvent depuis le souper de la veille, soit de 10 à 12 heures.

Tout comme une automobile ne va pas loin sans essence, le corps ne peut se passer de carburant pour remplir ses fonctions normalement.

Un bon déjeuner devrait comprendre: un grand verre de jus de tomates ou de fruits agrumes que l'on peut remplacer par des fruits en saison, comme les fraises, le melon cantaloup, etc.; un œuf ou deux, des rôties ou de petits pains et, enfin, un breuvage. On pourra ajouter, au besoin, des céréales de grains complets, ou servir avec les œufs du bacon, des saucisses ou du jambon.

Aucun bon régime
d'amaigrissement
ne supprime le
petit déjeuner.



COMMENT AIMEZ-VOUS LES ŒUFS?

À la coque

Ne pas faire cuire les œufs à la coque dans l'eau bouillante car une température élevée les rend coriaces. L'œuf se coagule entre 149° F. et 176° F.; il n'est donc pas nécessaire de porter la température à 212° F.

Première méthode

- 1- Placer les œufs dans une casserole, remplir d'eau froide dépassant les œufs d'environ un pouce.
- 2- Porter au point d'ébullition, couvrir la casserole et baisser ou éteindre le feu pour laisser mijoter seulement.
- 3- Minuter de ce moment: compter de 3 à 5 minutes pour des œufs mollets ou moyennement cuits et 20 minutes pour des œufs durs.
- 4- Si les œufs ne sont pas servis immédiatement, les plonger dans l'eau froide pour arrêter la cuisson; autrement ils continueraient de cuire une fois sortis de l'eau chaude. Les œufs durs doivent aussi être plongés dans l'eau froide pour les refroidir rapidement.

Deuxième méthode

- 1- Porter l'eau au point d'ébullition et y déposer les œufs un à un avec précaution.
- 2- Couvrir la casserole, baisser ou éteindre le feu afin que l'eau cesse de mijoter.
- 3- Minuter de ce moment: compter de 6 à 8 minutes pour des œufs mollets ou moyens et 30 minutes pour des œufs durs.
- 4- Procéder comme pour la première méthode.

N.B. — Pour empêcher les œufs froids de craquer lorsqu'on les glisse dans l'eau bouillante, on peut, au préalable, les réchauffer quelques minutes l'eau tiède.

Pour vérifier la cuisson des œufs durs

Si l'on a oublié de minuter, introduire un cure-dents ou une brochette au travers de la coquille et jusqu'au centre de l'œuf. Si cette pointe reste nette, l'œuf est cuit dur. Sinon, bien saler le trou que l'on vient de pratiquer et continuer la cuisson.

COMMENT SERVIR LES ŒUFS CUITS DURS

On peut, soit les servir entiers, soit lès couper en moitiés ou en quartiers, soit les trancher ou les hacher et les ajouter aux plats suivants:

- au macaroni au fromage, avant de faire gratiner;
- placer une rangée d'œufs entiers au centre d'un pain de viande en le façonnant pour la cuisson;
- dans les crèmes de champignons, de céleri, d'asperges ou de pommes de terre, dans une bisque aux crevettes ou une soupe au poulet — diluer ces potages avec du lait ou de l'eau et assaisonner de fromage râpé, de poudre de cari ou de fines herbes comme le thym, le basilic ou l'origan, au choix (*);
- aux sauces: béchamel (sauce blanche), espagnole ou aux tomates (*);
- aux légumes servis en sauce blanche; les petits pois, les fèves en gousse ou haricots, les oignons tranchés et sautés se prêtent bien à cette préparation (*);
- en garniture, aux salades, aux légumes chauds, au poisson ou aux potages;
- aux sauces blanches claires ou moyennes pour accompagner le poisson;
- aux garnitures de sandwiches (page 18);

Les œufs farcis (page 22) peuvent se servir:

- en salades, avec de la laitue ou d'autres légumes à feuilles:chicorée etc.;
- en aspics, aux tomates ou au citron;
- comme garniture des tomates farcies;
- pour décorer une assiette de viandes froides ou une salade de légumes;
- comme hors-d'œuvre;
- en gratin aux légumes: beurrer un plat peu profond allant au four, y placer un fond de légumes cuits (brocoli, asperges ou épinards) et couvrir d'un rang d'œufs farcis. Masquer d'une sauce béchamel épaisse bien assaisonnée, saupoudrer généreusement de fromage râpé et faire cuire à four modéré (350°F.) de 20 à 30 minutes, ou jusqu'à ce que le fromage soit fondu et le tout bien chaud.

(*) Ces mets se servent bien sur des rôties, des biscuits à la poudre à pâte, des timbales ou des croustades (ces dernières sont de gros cubes taillés dans la mie de pain, vidés au centre, ensuite beurrés et rôtis au four), ou avec du riz ou des pâtes alimentaires.

COMMENT AIMEZ-VOUS LES ŒUFS?

Au miroir, tournés ou non

Faire cuire les œufs au miroir à feu doux, de préférence dans une poêle épaisse qui répartira la chaleur plus également. Une température élevée rend les œufs coriaces et forme une "semelle" dure.

Première méthode

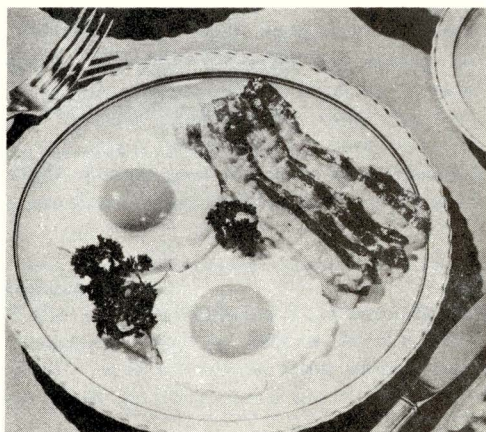
1. Casser les œufs un à un dans une tasse et les glisser avec précaution dans une poêle modérément chaude contenant une mince couche de gras. Cette méthode permet de ne pas briser les jaunes, de ne rien éclabousser et de ne pas se brûler.
2. Verser du gras fondu à la cuillère sur les jaunes pour les enrober ou laisser cuire simplement jusqu'à ce que le blanc soit pris; tourner si on le désire.
3. Retirer les œufs de la poêle avec une spatule trouée, égoutter, assaisonner de sel, de poivre et d'un peu de paprika; servir aussitôt.

Deuxième méthode

1. Graisser très légèrement une poêle à frire.
2. Casser les œufs un à un dans une tasse et les glisser avec précaution dans la poêle modérément chaude.
3. Ajouter une cuillerée à thé d'eau par œuf, couvrir et faire cuire lentement de 4 à 6 minutes, au goût.
4. Procéder comme au numéro 3, première méthode.

REMARQUE

La deuxième méthode donnera des jaunes bien enrobés, puisqu'ils cuisent à la vapeur. Cependant, si on soulève le couvercle fréquemment, il faudra employer plus d'eau pour remplacer la vapeur perdue.



COMMENT SERVIR LES ŒUFS AU MIROIR

Au petit déjeuner:

- nature;
- avec du bacon, du jambon ou des saucisses;
- avec des tranches de viande de conserve ou de saucisson de Bologne préalablement sautées.

Au souper, au déjeuner du midi, à un goûter ou une collation:

- comme "œufs en nid": avec un emporte-pièce à biscuits de grandeur moyenne, découper une rondelle au centre de quelques tranches de pain. Déposer les tranches de pain trouées dans une poêle graissée modérément chaude et glisser au centre de chacune un œuf préalablement cassé dans une tasse. Saler et poivrer. Cuire doucement jusqu'à ce que l'œuf soit pris et que le pain soit doré. À l'aide d'une spatule assez large, tourner et dorer de l'autre côté. Si l'on préfère garder les jaunes liquides, commencer par faire dorer le pain d'un côté et le tourner avant d'ajouter l'œuf;
- en sandwich, avec du pain frais ou des rôties;
- avec une fricassée.

C'est bien prouvé

Que les œufs, employés dans n'importe quelle recette, servent non seulement aux fins ordinaires d'épaissir, de lier ou de faire lever une préparation, mais qu'ils ajoutent aussi des éléments nutritifs importants, entre autres, des protéines de première qualité, utiles à la formation et à l'entretien des tissus, de la vitamine A, de la thiamine (B₁), de la riboflavine (B₂) et de la vitamine D, ainsi que des sels minéraux, dont le fer, lequel est utile à la formation des globules rouges du sang.

COMMENT AIMEZ-VOUS LES ŒUFS?

Œufs brouillés, tendres et moelleux

Les œufs brouillés, servis avec des rôties, des petits pains ou des muffins, constituent un bon déjeuner matinal ou un souper substantiel et sont toujours appréciés au goûter qui suit une soirée de télévision.

1. Pour chaque œuf, ajouter une cuillerée à table de lait, de crème, d'eau ou de jus de tomates, saler, poivrer et battre juste assez pour mélanger légèrement.
2. Verser ce mélange dans une poêle graissée modérément chaude.
3. Faire cuire lentement à feu modéré; à l'aide d'une spatule, soulever le mélange déjà pris au fond de la poêle et ramener les bords vers le centre afin de permettre au tout de cuire également. Remuer de temps à l'autre. Cuire de 5 à 8 minutes environ, c'est-à-dire jusqu'à ce que le mélange soit pris mais encore humide et moelleux.
4. Saupoudrer de paprika et servir aussitôt, garni de persil ou de toute autre garniture, au goût.

COMMENT SERVIR LES ŒUFS BROUILLÉS

Au petit déjeuner:

- nature, ou sur des muffins ou des petits pains grillés;
- sur des rôties tartinées de pâte d'anchois, ou encore garnir chaque portion de deux ou trois filets d'anchois;
- avec du fromage râpé ou des cubes de fromage mou incorporés aux œufs pendant la cuisson;
- sur du pain doré à l'ananas, avec des saucisses. Remplacer le lait par du jus d'ananas dans le mélange d'œufs pour le pain doré.

Au souper, au déjeuner du midi, à un goûter ou une collation:

- cuits avec des champignons;
- avec du bacon ou du jambon déjà cuit;
- avec des saucisses et de la compote de pommes;
- cuits avec des tomates de conserve bien égouttées ou des tomates fraîches coupées en morceaux.

COMMENT AIMEZ-VOUS LES ŒUFS?

Œufs pochés à la perfection

On dit que faire pocher un œuf est la meilleure méthode pour en éprouver la fraîcheur mais, même avec des œufs très frais, on ne réussira que s'il y a assez d'eau dans la casserole.

1. Mettre au moins 1 1/2 à 2 pouces d'eau dans la casserole que l'on veut utiliser; porter l'eau au point d'ébullition.
2. Saler l'eau ou, si l'on préfère, saler les œufs après la cuisson.
3. Casser les œufs un à un dans une tasse et les glisser avec précaution dans l'eau qui doit être juste au-dessous du point d'ébullition.
4. Couvrir et retirer du feu, ou garder à feu très doux. Ne pas laisser mijoter. Laisser cuire jusqu'à ce que les œufs soient pris.
5. À l'aide d'une spatule trouée, retirer les œufs de la casserole, égoutter et servir aussitôt sur des rôties chaudes ou autrement (voir ci-dessous).

COMMENT SERVIR LES ŒUFS POCHÉS

Au petit déjeuner

- sur des rôties chaudes beurrées; ajouter quelques noisettes de beurre et saupoudrer de paprika;
- sur du fromage tranché ou râpé, déposé sur des rôties chaudes.

Au souper, au déjeuner du midi, à un goûter ou une collation:

- sur un lit d'épinards, accompagnés ou non de sauce au fromage ou d'une sauce hollandaise ou saupoudrés de fromage râpé;
- en œufs à la Benedict: sur des muffins coupés en deux rôtis ou grillés, garnis d'une tranche de jambon chaud bouilli ou grillé, déposer un œuf poché et masquer de sauce hollandaise (voir la recette à la page 21);
- sur une fricassée de bœuf salé ("corned beef");
- faire pocher les œufs dans une sauce plutôt que dans l'eau; par exemple, une crème de champignons ou une autre crème de conserve que l'on aura diluée. Servir, garnis de cette sauce, sur des rôties, des croustades ou des biscuits à la poudre à pâte.

COMMENT AIMEZ-VOUS LES ŒUFS?

Omelette

Il y a deux sortes d'omelette: l'omelette ordinaire ou omelette nature, et l'omelette mousseline ou omelette soufflée. Elles ne diffèrent que par l'apparence et le mode de préparation.

Omelette nature

1. Ajouter 1 cuillerée à table d'eau, de lait ou de crème par œuf. (Pour varier, on peut aussi employer du jus de tomates ou même une eau gazeuse.) Saler, poivrer et battre juste assez pour mélanger légèrement.
2. Verser ce mélange dans une poêle graissée modérément chaude.
3. Faire cuire à feu doux, en soulevant les bords à mesure qu'ils cuisent pour permettre au liquide de couler en dessous et de cuire également; ne pas brasser le mélange.
4. Quand l'omelette est prise, laisser cuire jusqu'à ce que le fond soit doré.
5. Replier et rouler l'omelette sur elle-même et servir aussitôt, soit nature, soit accompagnée d'une des garnitures conseillées à la page 11.

Omelette soufflée

1. Séparer les blancs des jaunes. Battre les jaunes au fouet ou au mousoir (électrique ou non) jusqu'à ce qu'ils soient épais et de couleur paille; ajouter le liquide et les assaisonnements.
2. Battre les blancs jusqu'à ce qu'ils soient fermes mais non cassants.
3. Ajouter les jaunes aux blancs battus.
4. Verser le tout dans une poêle graissée modérément chaude; faire cuire à feu doux jusqu'à ce que l'omelette soit soufflée et que le fond soit doré. Continuer la cuisson à four modéré (350° F.) de 10 à 15 minutes, ou jusqu'à ce qu'une lame de couteau reste nette lorsqu'elle est enfoncée au centre.
5. Procéder comme au numéro 5 pour l'omelette nature, sauf que celle-ci ne se roule pas: on plie seulement.

Remarque: On peut ajouter à l'une ou l'autre de ces omelettes, juste avant la cuisson, soit des champignons cuits et tranchés, du fromage râpé, des oignons hachés finement, soit du jambon, du bacon ou une autre viande cuite hachée ou tranchée.

COMMENT SERVIR LES OMELETTES

Au petit déjeuner :

- nature ou au fromage;
- avec une sauce au fromage en garniture;
- avec de la gelée ou une confiture.

Au souper, au déjeuner du midi, à un goûter ou une collation:

- avec une sauce espagnole ;
- avec une sauce aux champignons;
- avec une garniture de dinde ou de poulet coupé finement et apprêté en sauce béchamel;
- en sandwich "Western": pour chaque portion, mélanger 1 œuf avec 1 cuillerée à table de lait, d'eau ou de jus de tomates, 1 ou 2 cuillerées à table d'oignon haché, 1 ou 2 tranches de bacon cuit et émietté ou la même quantité de jambon cuit, du sel et du poivre. Faire cuire ce mélange à feu doux, comme des crêpes, c'est-à-dire jusqu'à ce que le mélange soit pris et doré d'un côté, puis tourné et doré de l'autre côté. Servir en sandwich entre des tranches de pain beurrées ou des rôties.

Comme dessert :

- une omelette garnie d'une confiture;
- une omelette sucrée:
 - 3 cuillerées à table de farine 3 jaunes d'œufs
 - 3 cuillerées à table de sucre 3 blancs d'œufs
 - une pincée de sel

Mélanger le sucre et la farine avec les jaunes battus et terminer comme l'omelette soufflée (page 10).

Il faut savoir acheter les œufs

La chaleur, que ce soit au magasin ou à la cuisine, est nuisible à la fraîcheur des œufs; donc, les boîtes d'œufs tenues dans des comptoirs réfrigérés auront, en général, mieux conservé leur qualité que les œufs gardés au magasin à la température ordinaire.

COMMENT AIMEZ-VOUS LES ŒUFS?

Au four

Les œufs cuits au four, en cocottes ou non, sont simples et faciles à apprêter pour un déjeuner substantiel ou un souper.

1. Graisser des cocottes, des moules individuels ou un grand plat allant au four, selon le nombre d'œufs à servir.
2. Casser les œufs un à un dans une tasse, les glisser dans le plat ou les moules individuels.
3. Verser un peu de crème ou de beurre fondu sur chaque œuf, saupoudrer de chapelure ou de fromage râpé.
4. Faire cuire à four modéré (350°F.) de 12 à 15 minutes environ, ou au goût.
5. Servir aussitôt. (Voir, au besoin, les variantes ci-dessous.)

COMMENT SERVIR LES ŒUFS AU FOUR

Au petit déjeuner

- Chemiser un plat avec des tranches de bacon, y verser les œufs et cuire au four;
- bein beurrer un plat allant au four, tapisser avec des rôties ou chemiser de fine chapelure avant d'y verser les œufs;
- vider des tomates fraîches, y casser les œufs et cuire au four.

Au souper, au déjeuner du midi, à un goûter ou une collation:

- cuire au four dans un plat de légumes en crème, une sauce ou même un reste de potage;
- dans des pommes de terre en robe de chambre: ouvrir des pommes de terre déjà cuites en enlevant la pelure sur le dessus, vider les pommes de terre et bien écraser la purée que l'on assaisonne au goût avec de la crème ou du lait, du beurre, un peu d'oignon, du sel et du poivre. Remplir de nouveau les pommes de terre avec cette purée et, avec une cuillère, faire une dépression au centre où l'on pourra glisser un œuf avec précaution. Saupoudrer de fromage râpé et remettre au four pour faire cuire les œufs (voir alinéa 4, ci-dessus).

COMMENT ACHETER LES ŒUFS

Catégorie et grosseur

Au Canada, les œufs se vendent par catégories qui indiquent la qualité. Le classement, par ordre, est: A1, A, B et C.

La catégorie la plus recherchée est la catégorie A, qui se subdivise encore selon la grosseur des œufs. Voici les classes de grosseur:

extra gros	-	au moins 27 onces (1 livre, 11 onces)	par douzaine
gros	-	au moins 24 onces (1 livre, 8 onces)	par douzaine
moyens	-	au moins 21 onces (1 livre, 5 onces)	par douzaine
petits	-	au moins 18 onces (1 livre, 2 onces)	par douzaine
très petits	-	au moins 15 onces	par douzaine

Les œufs gros, moyens et petits sont ceux que l'on trouve le plus couramment dans nos marchés.

Quelle grosseur est la plus avantageuse?

L'avantage varie selon la saison et l'abondance. Les petits œufs sont ordinairement les plus abondants vers la fin de l'été et au début de l'automne. Un peu plus tard, ce sont les œufs moyens et, enfin, les gros œufs seront en abondance durant les mois d'hiver.

Puisque les œufs se vendent au poids, on peut facilement calculer soi-même le prix à l'once pour trouver quelle grosseur est plus avantageuse à un moment donné. Voici un moyen fort simple d'établir cette comparaison:

Les œufs moyens vendus $1/8$ meilleur marché que les gros sont en réalité le même prix à l'once;

les petits œufs vendus $1/4$ meilleur marché que les gros sont le même prix à l'once.

Les œufs doivent être gardés au frais

On doit conserver les œufs au réfrigérateur, loin des aliments à odeur forte. Les œufs perdent rapidement leur qualité s'ils sont laissés à la température de la cuisine ou dans une automobile exposée au soleil.

Coquilles huilées

C'est surtout durant l'été et l'automne que l'on trouve les œufs huilés dans nos marchés. Ces œufs sont de première qualité: pondus tard l'hiver ou tôt le printemps, ils sont huilés immédiatement pour l'entreposage.

Cette méthode, relativement nouvelle, conserve parfaitement la qualité des œufs; elle permet de mettre de côté le surplus de la période d'abondance pour le remettre sur le marché quand les œufs frais sont plus rares.

La technique est très simple; elle consiste à plonger des œufs frais et propres de la catégorie A dans une huile minérale. L'huile ne pénètre pas l'œuf mais elle rend la membrane poreuse qui tapisse la coquille imperméable à l'air, ce qui prévient l'évaporation et conserve à l'œuf toute sa qualité, comme le fait, par exemple, un sac de plastique pour d'autres aliments. Il est à noter cependant que la membrane ainsi imperméabilisée devient un peu plus dure que celle des œufs frais pondus.

Les œufs huilés sont ensuite conservés dans des entrepôts frigorifiques, dans de bonnes conditions de température et d'humidité.

Pour classer les œufs, on juge leur fraîcheur par les dimensions de la chambre à air et la position du jaune dans l'œuf. Le consommateur peut en faire autant: le jaune d'un œuf frais est bien arrondi et le blanc reste épais et ferme autour du jaune, qualités que l'on retrouve dans les œufs huilés de la catégorie A.

Il est impossible de battre des blancs d'œufs en neige ferme s'ils renferment la moindre trace de jaune d'œuf ou d'autre gras.

L'ŒUF AUX MULTIPLES USAGES



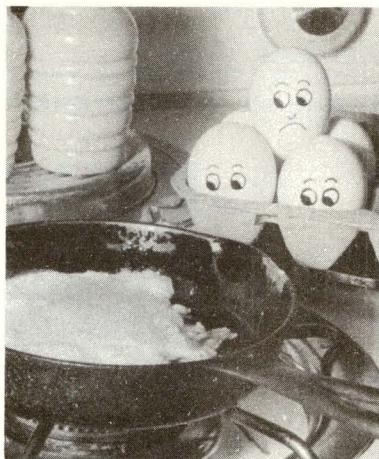
œufs au four
(page 12)



meringues glacées
(page 29)



soufflé
(page 19)



quel destin!

DÉLICATE MERINGUE À TARTE

Proportions

Employer une petite pincée de sel et deux cuillerées à table de sucre très fin par blanc d'œuf.

Préparation

Ajouter le sel et battre les blancs en neige ferme; sans cesser de battre, ajouter le sucre, une petite quantité à la fois, et attendre que tout le sucre soit dissous avant d'en ajouter d'autre. La meringue est à point lorsqu'elle est brillante et que les pointes gardent leur forme quand on soulève le moussoir.

Déposer délicatement sur une garniture de tarte déjà refroidie et s'assurer que la meringue touche à la croûte tout autour de la tarte. Cette précaution l'empêche de trop se contracter à la cuisson.

Cuisson

Faire cuire environ 12 minutes à four modéré (350°F.) ou 4 minutes à four chaud (425°F.), ou jusqu'à ce que la meringue soit prise et dorée à point.

Épreuve de la cuisson

La meringue est à point lorsqu'elle ne colle plus à une lame de couteau glissée au centre avec précaution: la lame reste propre et presque sèche.

Conservation

Refroidir et placer au réfrigérateur.



breuvages aux œufs (page 17)

BREUVAGES AUX ŒUFS

Bouillon à la reine

Un bouillon à la reine est un mélange d'œuf cru battu avec du lait. Les blancs et les jaunes sont battus ensemble ou séparément, mélangés ensuite au lait nature, malté ou chocolaté; on aromatise au goût avec de la vanille, de la muscade, du sirop d'érable, un sirop au chocolat ou aux fruits. Si l'on veut un breuvage plus riche, on peut remplacer une partie du lait par de la crème.

Les œufs battus séparément donnent un mélange plus épais. Batre d'abord les blancs en neige ferme, ensuite les jaunes avec le sucre et les assaisonnements jusqu'à ce que ce mélange soit léger. Incorporer aux blancs montés en neige.

Si l'on se sert de crème, on peut la fouetter d'avance et la mélanger aux blancs battus.

Bouillon à la reine (une portion)

1 œuf	1 tasse de lait
une pincée de sel	sucre au goût
essence au choix	

Breuvage rafraîchissant à l'ananas (délicieux et désaltérant)

1 œuf battu	quelques gouttes de jus de citron
2/3 de tasse de jus d'ananas	une pincée de sel
de la glace concassée	

Battre l'œuf avec le sel jusqu'à ce qu'il soit mousseux, ajouter les autres ingrédients et verser sur la glace concassée placée dans un verre. Servir aussitôt (1 portion).

Remarque: Si l'on préfère un breuvage pétillant, on peut employer n'importe quelle eau gazeuse.

Un œuf battu, mélangé ensuite avec 1/2 ou 3/4 de tasse de jus d'orange bien froid, donne un déjeuner liquide mais substantiel.

SANDWICHES

Garniture de salade aux œufs

4 œufs cuits durs, hachés	1/2 cuillerée à thé de sel
1/2 cuillerée à thé d'oignon râpé	1/4 de cuillerée à thé de moutarde
	2 cuillerées à table de mayonnaise

Mélanger tous les ingrédients et, au besoin, ajouter de la mayonnaise. Employer en sandwichs avec du pain blanc ou du pain à la farine entière, ou encore, tartiner sur de petites tranches de pain découpées à l'emporte-pièce; garnir de piment doux vert ou rouge, d'olives tranchées, de persil ou de paprika.

Les œufs durs se servent:

- tranchés, garnis d'une mayonnaise, mêlés avec du céleri coupé en dés, de la poudre de cari, de l'origan ou du romarin;
- hachés avec une mayonnaise, assaisonnés ou non de sauce chili;
- hachés avec du bœuf salé, des oignons et une mayonnaise;
- hachés avec des cornichons, des olives, du céleri ou des noix et assaisonnés d'une mayonnaise;
- hachés avec de l'ananas écrasé (de conserve) bien égoutté, du piment vert haché et une mayonnaise;
- hachés avec du saucisson de Bologne ou des saucisses fumées, des carottes crues râpées, des oignons et une mayonnaise;
- hachés avec des crevettes cuites, fraîches ou de conserve, du piment vert coupé en dés, de la ciboulette et de la mayonnaise.

Sandwich ouvert avec tranches d'œufs farcis

Trancher des œufs cuits durs, enlever les jaunes et les écraser avec une mayonnaise ou une sauce française et d'autres assaisonnements, au goût. Disposer les tranches de blanc sur des rondelles de pain beurré et les farcir avec les jaunes écrasés en pâte. Garnir de persil, de paprika, d'olives ou de filets de piment rouge doux.

Remarque: On peut aussi colorer le blanc d'œuf vert pâle. On fait tremper les tranches quelques minutes dans de l'eau ou du vinaigre à marinade que l'on aura teinté d'un peu de colorant végétal. Bien déguster avant de déposer sur le pain.

PLATS DE RÉSISTANCE AUX ŒUFS

Souper aux œufs brouillés

6 œufs	1/8 de cuillerée à thé de poivre
6 cuillerées à table de lait	2 cuillerées à table de gras
1/2 cuillerée à thé de sel de céleri	1 tasse de pois verts de con-
1/2 cuillerée à thé de sel	serve, bien égouttés

Battre les œufs jusqu'à ce qu'ils soient légers; ajouter le liquide et les assaisonnements. Faire fondre le gras dans le haut d'un bain-marie, ajouter le mélange d'œufs et les petits pois. Faire cuire au-dessus de l'eau chaude, remuant de temps à autre, tout en évitant d'écraser les petits pois. Servir au goût, sur des rôties ou autrement, et garnir de persil ou d'un peu de paprika (6 portions).

Soufflé aux champignons pour farcir des tomates ou des piments verts

4 gros piments verts	3 jaunes d'œufs
ou 4 tomates	3 blancs d'œufs
1 boîte de crème de champi- gnons de conserve	sel et poivre

Enlever le dessus des tomates (ou des piments), vider avec soin et bien égoutter. Battre les jaunes d'œufs et les mélanger à la crème de champignons. Battre les blancs avec une pincée de sel jusqu'à ce qu'ils soient fermes mais non cassants, et y incorporer délicatement le mélange des jaunes. Assaisonner au goût. Placer les tomates ou les piments dans un plat beurré allant au four et les farcir avec le mélange du soufflé. Faire cuire à four modéré (350° F.) de 40 à 45 minutes, ou jusqu'à ce qu'une lame de couteau ne tache plus lorsqu'elle est enfoncée au centre.

Remarque: On peut aussi faire cuire comme simple soufflé, dans un plat à gratin beurré et placé au four dans une lèchefrite contenant de l'eau chaude (ceci est un bain-marie au four). Allouer ici de 35 à 40 minutes de cuisson. Ces quantités donnent 3 portions et le soufflé se sert bien avec une salade de chou bien croquante. Ajouter également, si l'on veut, 1/2 tasse de fromage piquant râpé au mélange de jaunes d'œufs avant de l'incorporer aux blancs battus en neige.

PLATS DE RÉSISTANCE AUX ŒUFS

Crêpes au blé d'Inde

2 tasses de blé d'Inde cru	1/4 de cuillerée à thé d'Ac'cent
2 œufs	une pincée de paprika
1/2 cuillerée à thé de sel	une pincée de poivre
2 cuillerées à thé de farine	

Râper le blé d'Inde directement de l'épi. Battre les jaunes d'œufs très légèrement, ajouter le blé d'Inde, la farine et tous les assaisonnements. Battre les blancs en neige ferme mais non cassante, et y incorporer le premier mélange. Graisser une poêle épaisse et la faire chauffer jusqu'à ce qu'une goutte d'eau y grésille. Faire cuire le mélange comme des crêpes, c'est-à-dire faire dorer d'un côté, tourner et dorer de l'autre côté. Servir les crêpes bien chaudes et croustillantes, soit avec du miel, du sirop de maïs ou d'érable, soit comme second plat de légumes au dîner, ou encore, accompagnées ou non de bacon, au déjeuner ou à un goûter.

Remarque: Ces crêpes sont un peu plus épaisses que des crêpes ordinaires: elles doivent être croustillantes à l'extérieur, tout en restant moelleuses et un peu humides à l'intérieur.

Œufs pochés et haricots verts

1 boîte de 10 onces de soupe aux tomates	1 cuillerée à thé d'oignon râpé
3/4 de tasse d'eau ou de jus de légumes	1/4 cuillerée à thé de sel
1 tasse de haricots verts cuits, frais ou de conserve, égouttés	une pincée de poivre
1 tasse de chapelure	1/2 tasse de fromage râpé
	4 œufs
	du fromage de surplus pour faire gratiner

Diluer la soupe avec l'eau dans une poêle à frire. Ajouter les haricots, la chapelure, le fromage et les assaisonnements. Porter juste au point d'ébullition, puis baisser le feu pour laisser à peine mijoter. Casser les œufs un à un dans une tasse et les glisser dans de petits nids que l'on aura formés dans le mélange avec le dos d'une cuillère. Saupoudrer au goût du surplus de fromage. Couvrir et faire cuire à petit feu jusqu'à ce que les œufs soient pris (4 portions).

Remarque: On peut aussi faire cuire à four modéré (350° F.) durant 15 minutes environ, ou jusqu'à ce que les œufs soient à point.

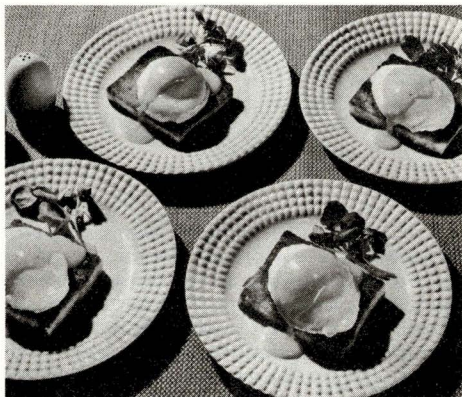
PLATS DE RÉSISTANCE AUX ŒUFS

Favori de l'économe

6 tranches de saucis-
son de Bologne
6 œufs pochés
1 boîte de 20 onces de
spaghetti cuit en
sauce tomate

Faire mijoter le saucisson dans l'eau qui servira à faire pocher les œufs. Dès que les tranches sont chaudes et arrondies en forme de coupe, les égoutter et garder au réchaud pendant que l'on prépare les

œufs. Déposer un œuf poché bien égoutté dans chaque coupe de saucisson et servir sur le spaghetti chaud, garni de fromage râpé et de paprika. Servir immédiatement, accompagné d'une salade croquante.



Sauce hollandaise facile

2 jaunes d'œufs une pointe de poivre de Cayenne
1/4 de cuillerée à thé de sel 1/2 tasse de beurre fondu
1 cuillerée à table de jus de citron

Battre les jaunes d'œufs au mousoir (électrique ou non) jusqu'à ce qu'ils soient épais et de couleur paille; ajouter le sel et le poivre rouge. Tout en continuant de battre, ajouter la moitié du beurre, une cuillerée à thé à la fois. D'autre part, mélanger le jus de citron à l'autre moitié du beurre et, sans cesser de battre, incorporer lentement au premier mélange, une demi-cuillerée à table à la fois. Placer le bol dans un récipient qui contient environ un ponce d'eau aussi chaude que l'on peut tolérer à la main et battre continuellement, nettoyant bien le tour du bol, jusqu'à ce que la sauce ait presque la consistance d'une mayonnaise à l'huile. Servir immédiatement, ou tenir le bol dans l'eau chaude et battre de nouveau au moment de servir. Si la sauce fait mine de trancher, ajouter une cuillerée à thé d'eau bouillante et bien battre. Cette sauce accompagne bien les œufs pochés, le chou-fleur ou les asperges (4-5 portions).

Œufs marinés

3 tasses de vinaigre blanc	1 cuillerée à thé de poivre en grains
1-1/2 tasse d'eau	2 cuillerées à table de racine de
1-1/2 cuillerée à thé de sel	gingembre tranchée <u>ou</u>
1 cuillerée à thé de clou rond	1/2 cuillerée à thé de graines de
ou de clou de girofle	céleri

Placer les épices dans un sac de coton ou un sac fait de plusieurs épaisseurs de coton à fromage. Mélanger le vinaigre avec l'eau, ajouter le sel et les épices (que l'on peut omettre à son gré), et faire bouillir 10 minutes. Enlever le sac d'épices et laisser refroidir le liquide. Faire cuire 1 douzaine d'œufs durs, plonger dans l'eau froide et écaler. Placer les œufs dans un pot d'un demi-gallon qui ferme hermétiquement, ou dans des bocaux à conserve d'une pinte ou d'une chopine. Couvrir les œufs parfaitement avec le vinaigre refroidi et fermer les pots hermétiquement. Laisser mariner au moins deux jours avant de servir. Ces œufs se gardent durant plusieurs semaines à la température ordinaire, mais il vaut mieux les placer au froid si on veut les conserver plus longtemps.

Les œufs marinés se servent en garniture ou comme hors-d'œuvre, tranchés, coupés en deux ou entiers. Dans ce dernier cas, on peut les manger avec les doigts. On les colore si l'on veut en ajoutant un peu de colorant végétal au liquide de la marinade.

Œufs farcis

Couper les œufs en deux, dans le sens de la longueur ou de l'épaisseur; enlever les jaunes et les écraser en pâte avec une mayonnaise ou une sauce française et d'autres assaisonnements, au goût; farcir les blancs avec ce mélange.

En plus du sel et du poivre, on peut employer, par exemple:

- de la moutarde, en poudre ou préparée;
- une feuille de laurier écrasée finement, un peu de poudre de cari, de la graine de céleri ou des fines herbes: thym, romarin ou origan;
- un peu d'oignon râpé ou de sel d'ail;
- du céleri, du piment doux vert ou rouge, des noix, des olives ou des cornichons coupés finement;
- des sardines écrasées en purée, des crevettes coupées finement ou de la pâte d'anchois.

Remarque: Au lieu d'une mayonnaise, on peut employer à volonté du catsup aux tomates ou une sauce chili.

Tarte meringuée

4 blancs d'œufs
 1/4 de cuillerée à thé de sel
 1/2 cuillerée à thé de
 crème de tartre

1-1/4 tasse de sucre
 1/4 cuillerée à thé de
 vanille

Bien beurrer et fariner une assiette à tarte de 9". Battre les œufs en neige ferme avec le sel et la crème de tartre. Ajouter le sucre, petit à petit, tout en continuant de battre. Enfin, ajouter la vanille et battre jusqu'à ce que la meringue soit brillante et garde sa forme. Verser dans l'assiette déjà préparée et façonner les bords comme pour une croûte de tarte. Déposer au four chauffé d'avance à 400° F., éteindre le feu immédiatement et laisser cuire sans ouvrir le four jusqu'à ce que celui-ci soit refroidi complètement. On peut préparer cette meringue le soir et la laisser au four toute la nuit.

Préparer la garniture comme suit: Mélanger dans un bain-marie 1 tasse de lait, 1 tasse de crème claire, 4 jaunes d'œufs bien battus d'avance, 1/2 tasse de sucre, 1/3 de tasse de farine et une pincée de sel. Faire cuire jusqu'à épaississement. Retirer du feu et ajouter 1-1/2 cuillerée à thé d'essence de vanille; bien refroidir, verser dans la meringue et placer au froid. Juste avant de servir, décorer avec des fraises fraîches ou congelées (laisser dégeler ces dernières avant de servir) (6 portions).

Si l'on compte ses calories...

Tout en diminuant le nombre de calories par portion, on peut servir plus de convives avec une quantité donnée de crème fouettée.

Incorporer à la crème déjà fouettée (soit de 1/2 tasse à 1-1/4 tasse) un blanc d'œuf battu en neige ferme. Servir immédiatement ou garder au réfrigérateur. Le sucre s'ajoute à volonté soit à la crème comme d'habitude, soit au blanc d'œuf une fois battu.



Tarte décorée avec le mélange
 de blanc d'œuf et de crème fouettée

DESSERTS

Oeufs à la neige

Sauce

1 œuf entier
2 jaunes d'œufs
1/4 de tasse de sucre
une pincée de sel
2 tasses de lait chaud
1 cuil. à thé de zeste d'orange
1/2 cuil. à thé de vanille

Meringue

2 blancs d'œufs
une pincée de sel
1/4 de tasse de sucre
2 cuillerées à table de choco-
lat mi-sucré, râpé ou en
petits morceaux

Sauce: Mélanger l'œuf entier, les jaunes, le sucre et le sel dans le haut d'un bain-marie; ajouter le lait graduellement et bien mêler jusqu'à ce que le tout soit homogène. Faire cuire au-dessus de l'eau chaude, mais non bouillante, jusqu'à ce que le mélange adhère à une cuillère de métal; retirer du feu, ajouter la vanille et le zeste d'orange et placer au froid.

Meringue: Battre les blancs d'œufs avec le sel jusqu'à ce qu'ils soient fermes mais non cassants et, sans cesser de battre, ajouter le sucre, une cuillerée à table à la fois; battre jusqu'à ce que la meringue garde parfaitement sa forme et incorporer le chocolat. Réchauffer une casserole ou un grand bol convenable et remplir aux 3/4 d'eau bouillante. Déposer la meringue sur l'eau bouillante en 4 ou 5 grosses cuillerées et couvrir immédiatement. Ne pas découvrir pour 15 minutes, ensuite tourner les meringues, recouvrir et laisser cuire encore 5 minutes. Servir immédiatement en garniture sur la sauce bien refroidie, ou encore, garder au réfrigérateur jusqu'au moment de servir (4 à 5 portions).

Crème glacée facile

2 blancs d'œufs
une pincée de sel
1/2 cuillerée à thé d'essence d'amandes ou de vanille

1/3 de tasse de sucre
1 tasse de crème à fouetter

Battre les blancs d'œufs en neige ferme mais non cassante; ajouter le sucre graduellement tout en continuant de battre, jusqu'à ce que la meringue soit brillante et garde sa forme. Fouetter la crème à point et l'incorporer délicatement à la meringue. Ajouter l'essence et faire congeler dans les tiroirs du réfrigérateur (5 à 6 portions).

DESSERTS

Gâteau Alaska

1 gâteau ordinaire ou un
gâteau éponge, de 1 à 1-1/2
pouce d'épaisseur
3 blancs d'œufs
une pincée de sel

6 cuillerées à table de sucre fin
1 brique ou une chopine de crème
glacée, gelée très dure

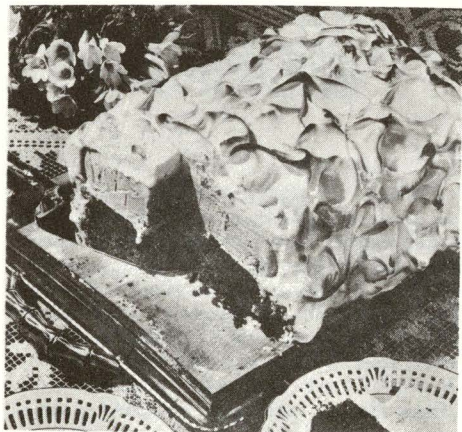
Tailler le gâteau en rectangle plus grand qu'une brique de crème glacée de 1/2 pouce tout autour. Pour faire dorer l'Alaska au four, employer si possible une planche à pain ou une autre planche propre. Bien mouiller à l'eau froide; couvrir d'un papier paraffiné de mêmes dimensions que le gâteau et y déposer celui-ci. Battre les blancs d'œufs avec le sel jusqu'à ce qu'ils soient fermes, ajouter le sucre graduellement tout en continuant de battre, jusqu'à ce que la meringue garde parfaitement sa forme. Déposer la crème glacée gelée très dure sur le gâteau; celui-ci doit dépasser de 1/2 pouce de chaque côté. Bien couvrir le tout de la meringue et placer à four très chaud (425° F.) de 4 à 5 minutes environ, jusqu'à ce que la meringue soit dorée. Trancher et servir immédiatement (6 portions).

Remarque: De préférence, employer une saveur plus marquée que la vanille pour la crème glacée.

Variante de l'Alaska

6 croûtes de tartelettes
déjà cuites (2" de diamètre)
1 chopine de crème glacée

3 blancs d'œufs
une pincée de sel
6 cuillerées à table de sucre fin



Remplir les tartelettes de crème glacée, couvrir de papier paraffiné et placer dans le compartiment à glace du réfrigérateur jusqu'à ce que la crème soit très ferme. Procéder ensuite comme expliqué ci-dessus, c'est-à-dire recouvrir de meringue et faire dorer au four.

DESSERTS

Pâte brisée aux œufs et au vinaigre

5 tasses de farine à toutes fins,
bien tamisée,
2-1/2 cuillerées à thé de sel
1 livre de saindoux

1 œuf
vinaigre
eau glacée

Ajouter le sel à la farine et tamiser dans un bol. À l'aide de 2 couteaux ou d'un malaxeur, couper le saindoux dans la farine jusqu'à ce qu'il soit de la grosseur de pois secs. Casser l'œuf dans une tasse-mesure, ajouter quantité égale de vinaigre et ensuite de l'eau glacée pour remplir la tasse presque jusqu'au bord. Bien mélanger le liquide et verser petit à petit dans les ingrédients secs, travaillant avec une fourchette, sans brasser comme une sauce, jusqu'à ce que toute la farine soit humectée. Retourner ensuite la pâte sur un papier paraffiné, envelopper et bien refroidir avant d'abaisser. Ces quantités donnent environ 6 fonds de tarte ou 3 tartes couvertes de 9". La pâte non utilisée se conserve au réfrigérateur, enveloppée dans du papier paraffiné.

Tarte meringuée à la rhubarbe

1 croûte de tarte de 9"
1 tasse de sucre
2 cuil. à table de farine
3 tasses de rhubarbe, coupée
en dés de 1/2"
3 jaunes d'œufs
une pincée de sel

1 tasse de sucre
1 cuillerée à table de farine
un peu de lait
3 blancs d'œufs
6 cuil. à table de sucre
une pincée de sel

Mélanger la première tasse de sucre avec les 2 cuillerées à table de farine et étendre au fond de la croûte de tarte (non cuite); remplir l'assiette de la rhubarbe crue. Mélanger l'autre tasse de sucre, la farine et le sel avec les jaunes d'œufs, et ajouter juste assez de lait pour pouvoir étendre le mélange. Couvrir la rhubarbe uniformément avec le mélange d'œufs et placer à four très chaud (425°F.) pour 10 minutes, ensuite baisser à 350°F. et continuer la cuisson 35 minutes de plus. Refroidir et garnir d'une meringue préparée avec les autres ingrédients (mode de préparation à la page 16) et dorer au four.

Coquilles de meringue

3 blancs d'œufs	1 tasse de sucre
1/2 cuillerée à thé de poudre à pâte	1 cuillerée à thé de vanille
1/8 de cuil. à thé de sel	1 cuillerée à thé de vinaigre
	1 cuillerée à thé d'eau froide

Battre les blancs d'œufs en neige ferme avec la poudre à pâte et le sel; tout en continuant de battre, ajouter le sucre, une cuillerée à la fois, alternant avec les liquides (essence de vanille, eau et vinaigre) mélangés ensemble. Battre jusqu'à ce que la meringue soit bien lisse et garde sa forme.

Verser dans une assiette à tarte de 9" légèrement graissée et lui donner la forme d'une croûte de tarte profonde. Façonner les bords plus épais que le fond (ou former des coquilles individuelles). Faire cuire à four très doux (275° F.), durant 1-1/4 heure environ, ou jusqu'à ce que les coquilles soient sèches. Quand elles sont refroidies, remplir d'une garniture, soit une cossetarde, une crème glacée ou des fruits, et décorer avec de la crème fouettée (6 portions).

Garniture à l'ananas avec crème fouettée
 (pour tarte ou comme simple dessert)

1 tasse de sucre	1 cuil. à table de jus de citron
3 cuil. à table d'amidon de maïs	2 blancs d'œufs
1 tasse d'eau	une pincée de sel
1 tasse d'ananas déchiqueté de conserve, non égoutté	crème fouettée et noix pour décorer

Mélanger l'amidon de maïs ("cornstarch") avec 3/4 de tasse de sucre, ajouter l'eau graduellement en mêlant bien, ensuite l'ananas et porter lentement au point d'ébullition; continuer la cuisson en remuant toujours, jusqu'à ce que le mélange soit épais; retirer du feu, ajouter le jus de citron et refroidir un peu. Battre les blancs d'œufs en neige ferme avec le sel; sans cesser de battre, ajouter graduellement le reste du sucre. Battre jusqu'à ce que la meringue soit brillante et garde sa forme; incorporer délicatement le mélange d'ananas à la meringue et verser soit dans une croûte de tarte de 9" déjà cuite, soit dans une croûte aux biscuits écrasés, soit dans une coquille de meringue (décrite ci-dessus), soit tout simplement dans des assiettes à dessert. Garnir de crème fouettée et de noix (6 portions).

DESSERTS

Sabayon

5 jaunes d'œufs	2/3 de tasse de xérès ("sherry")
5 cuillerées à table de sucre	ou de jus de fruit
	une pincée de sel

Mesurer tous les ingrédients dans le haut d'un bain-marie et battre au mousoir (électrique ou non) pour bien mélanger. Garder l'eau chaude mais non bouillante dans le fond du bain-marie et fouetter continuellement durant 3 minutes environ, ou jusqu'à ce que le mélange épaississe et garde parfaitement sa forme. Servir immédiatement dans des coupes individuelles (6 portions).

Remarque: Le sabayon s'emploie aussi en sauce sur les poudings à la vapeur, surtout le pouding aux fruits.

Si l'on veut servir le sabayon nature comme dessert et diminuer le nombre de portions, on peut employer 1 cuillerée à table de sucre et 2 cuillerées à table de vin par jaune d'œuf; deux jaunes suffisent ordinairement pour 2 portions.

Crêpes à la française

2 œufs	une pincée de sel
2 tasses de farine à toutes fins	1-1/2 tasse de lait
ou 2-1/4 tasses de farine à	1-1/2 tasse d'eau
pâtisserie	du gras pour la cuisson
1 cuil. à thé de poudre à pâte	

Battre les œufs et tamiser ensemble la farine, la poudre à pâte et le sel. Mélanger l'eau et le lait. Ajouter graduellement la farine aux œufs battus, alternant avec le liquide. Battre jusqu'à ce que la préparation soit lisse et homogène. Graisser légèrement une poêle de fonte épaisse ou une poêle à frire électrique, et chauffer jusqu'à ce qu'une goutte d'eau y grésille. Verser dans la poêle 1/4 de tasse de pâte et étendre rapidement en penchant la poêle de côté et d'autre. Faire cuire jusqu'à ce que les bulles d'air crèvent sur le dessus et que le fond soit doré; tourner et faire dorer de l'autre côté. Servir avec du beurre et du miel ou du sirop d'érable. Ces quantités donnent de 4 à 6 portions de crêpes fines et croustillantes.

Meringue suisse
(dite meringue glacée)

Voici un dessert dont on se souviendra, qu'il soit servi à un dîner, une partie de bridge ou un buffet. Quoique de confection très simple, la pièce est magnifique et fait grand effet.

3 blancs d'œufs	3/4 de tasse de sucre fin
1/8 de cuil. à thé de sel	1/2 cuillerée à thé de vinaigre
1/2 cuillerée à thé d'essence de vanille	

Battre les blancs d'œufs en neige ferme avec le sel et ajouter le sucre, une cuillerée à table à la fois, tout en continuant de battre. Battre ainsi (à vitesse moyenne si l'on emploie le mousoir électrique) jusqu'à ce que la meringue soit brillante et garde sa forme. Ajouter le vinaigre et la vanille. On peut, à volonté, colorer d'une teinte pastel avec du colorant végétal.

Déposer par grosses cuillerées sur une tôle à biscuits, préalablement graissée et farinée. Faire cuire à four très doux (275° F.) durant 45 minutes, ensuite baisser à 250° F. et continuer la cuisson encore 20 minutes, ou jusqu'à ce que les meringues soient sèches et fermes au toucher et de couleur crème. Retirer du feu, décoller avec une spatule et refroidir sur un treillis. Ces meringues se conservent couvertes de papier paraffiné ou de papier d'aluminium (8 à 10 grosses meringues).

Coquilles de meringue: Façonner en forme de coques avec le dos d'une cuillère en déposant sur la tôle pour la cuisson. Voir ci-dessus le mode de cuisson.

Comment servir: Couper en deux horizontalement, remplir de crème fouettée et replacer le dessus. Garnir de petits fruits ou d'une sauce à crème glacée. On peut aussi remplir les coquilles soit de crème glacée, soit de fruits frais ou de conserve et garnir ensuite de crème fouettée ou d'une sauce sucrée.

On trouvera, aux pages 23 et 27, trois autres recettes de meringues qui diffèrent légèrement de celles-ci.

GÂTEAUX

Ce gâteau éponge est particulièrement facile à réussir même si, en général, ils le sont tous. On le bat presque entièrement au mousoir, électrique ou non.

On peut en varier la présentation en le servant soit au naturel, soit taillé en bâtonnets, en carrés ou en tranches, et le glacer soit avec une glace au beurre ou une glace mousseuse. On peut aussi le servir comme un "shortcake" avec des fruits et de la crème fouettée, ou simplement avec de la crème glacée.



Gâteau éponge Pauline

2 gros œufs ou 3 petits	1 tasse de farine à gâteau tamisée
3/4 de tasse de sucre fin	1 cuillerée à thé de poudre à pâte
1/2 cuil. à thé de vanille	1/2 cuillerée à thé de sel
1/2 tasse de lait chaud	

Battre les œufs rapidement jusqu'à ce qu'ils soient bien mousseux. Ajouter le sucre graduellement, puis l'essence de vanille. Battre jusqu'à ce que le mélange soit très épais et de couleur crème. Ajouter le lait chaud, en brassant aussi peu que possible pour bien mêler. Incorporer délicatement les autres ingrédients secs tamisés ensemble, environ 1/4 de tasse à la fois. Faire cuire dans un petit moule à cheminée, comme un moule à gâteau des anges, ou un moule à pain de 9" x 4" x 2", dont le fond seulement aura été graissé et doublé d'un papier paraffiné, car le gâteau lève mieux si on ne graisse pas les bords du moule. Faire cuire à four modéré (375° F.) de 35 à 40 minutes. Refroidir dans son moule. Lorsque le gâteau est refroidi, démouler et enlever le papier paraffiné (6 à 8 portions).

Variantes: Ajouter une cuillerée à thé de zeste d'orange ou de citron juste avant d'incorporer la farine.

Pour un buffet, on peut tailler le gâteau en deux ou trois étages et garnir chaque rang de crème fouettée sucrée, de crème pâtissière ou d'une garniture au citron. Tamiser du sucre à glacer sur le dessus du gâteau comme décoration.

Gâteau des anges

3/4 de tasse de blancs d'œufs	3/4 de tasse de sucre fin
(environ 5 gros)	1/2 tasse de farine à gâteau
1/2 cuil. à thé de crème de tartre	tamisée
1/4 de cuillerée à thé de sel	1/2 cuillerée à thé de vanille
1/4 de cuillerée à thé d'essence d'amandes	

Battre les blancs d'œufs en neige ferme avec la crème de tartre et le sel (si l'on emploie le mousoir électrique, battre rapidement). Tamiser la farine avec 2 cuillerées à table du sucre. Saupoudrer le reste du sucre dans les blancs d'œufs, une petite cuillerée à la fois, tout en continuant de battre plus lentement jusqu'à ce que la meringue soit brillante et garde sa forme (ne pas trop battre: dès que tout le sucre est dissous, en ajouter d'autre). Ajouter l'essence. Incorporer la farine, une cuillerée à table à la fois, remuant juste assez pour que toute la quantité soit absorbée avant d'en ajouter d'autre. Mêler lentement et délicatement au mousoir, ou travailler à la main avec une cuillère ou une spatule. Prendre soin de ne pas trop battre, mais s'assurer que tous les ingrédients sont bien mélangés.

Verser dans une moule à cheminée d'environ 6 tasses. Passer une lame de couteau ici et là dans la pâte pour faire sortir les bulles d'air, ensuite égaliser. Chauffer le four d'avance à 425° F., ou très chaud. Déposer le gâteau sur un treillis près du plancher du four et non à mi-hauteur comme d'habitude. Faire cuire de 10 à 15 minutes, ou jusqu'à ce que le dessus soit bien doré. Fermer le feu et continuer la cuisson encore 10 minutes, ou jusqu'à ce que le gâteau soit à point. Vérifier la cuisson en insérant une brochette fine au centre de la pâte: lorsqu'elle reste sèche et propre, le gâteau est cuit.

Au sortir du four, renverser le moule en appuyant le bord sur ses pointes ou sur deux autres moules et laisser refroidir. Ensuite, démouler et glacer avec une glace mousseuse ou une glace au beurre ou, encore, servir nature ou garni de crème fouettée (4 à 5 portions).

Si l'on veut augmenter la recette pour obtenir un plus gros gâteau, doubler toutes les quantités sauf celle de la crème de tartre dont on devra employer 1-1/4 cuillerée à thé. Il faudra prolonger la cuisson en conséquence.

Remarque: On peut aussi faire cuire ce gâteau à 375° F., durant 25 minutes environ.

SAVIEZ-VOUS

Que les jaunes et les blancs d'œufs, une fois séparés,
peuvent s'employer

- dans une crème pâtissière ou un flan (2 jaunes ou 2 blancs remplacent un œuf complet);
- ajoutés à une omelette ou à des œufs brouillés;
- pour épaissir, soit un dessert, soit une sauce servie avec des légumes (voici les équivalents: 2 jaunes valent 2 blancs, ou un œuf complet, ou 1 cuillerée à table de farine, ou 1/2 cuillerée à table d'amidon de maïs);
- dilués avec un peu d'eau, pour y tremper les mets (des croquettes, par exemple) que l'on veut paner et faire sauter ou frire à la grande friture;
- dans les mayonnaises (un jaune d'œuf cru empêche même la sauce française de se séparer trop vite);
- dans les glaces au beurre (au sucre à glacer); ils remplacent le liquide, en tout ou en partie; et rendent le mélange plus crémeux;
- dans les garnitures de sandwiches, mêlés à des noix, du céleri coupé, ou tout autre aliment croquant.

Pour faire cuire les jaunes durs, couvrir d'eau chaude et mijoter très doucement de 5 à 8 minutes, ou jusqu'à ce qu'ils soient pris. En faire l'épreuve avec un cure-dents.

Pour faire cuire les blancs durs, les glisser dans l'eau chaude pour couvrir (au moins un pouce de profondeur), et laisser cuire en deçà du point d'ébullition de 3 à 5 minutes, ou jusqu'à ce qu'ils soient pris. On peut aussi les verser dans un bocal (de 4 ou 8 onces) à large embouchure et bien beurré, et placer ce bocal dans l'eau chaude; mijoter très doucement jusqu'à ce que les blancs soient pris. Démouler et découper à l'emporte-pièce pour obtenir de jolies garnitures de plats de légumes chauds ou de salades, ou que l'on pourra employer autrement, à son gré.

Pour colorer les blancs, une fois cuits, laisser tremper 5 minutes ou plus dans de l'eau teintée de colorant végétal. L'eau devra être plus foncée que la teinte désirée pour les œufs.

Pour empêcher les cossetardes de trancher durant la cuisson, mélanger d'abord l'œuf et le sucre, ensuite, petit à petit, ajouter le lait chaud. Éviter avec soin de cuire trop longtemps.



CANADIAN SPICE ASSOCIATION





IT'S "PENNY WISE, POUND FOOLISH" TO SAVE BITS OF TIRED OLD SPICES

MANY A MODERN HOMEMAKER who is quite realistic about ridding her closet of outmoded clothes and unbecoming hats never thinks of "sorting out" her spice shelf. Spices can go out of date very easily, especially if ground; it is only sensible to get rid of tag-ends which have lost their true and enchanting aroma.

The flavour of spices arises from natural oils which appear in the cell structure of the fruit, bark, leaf or other aromatic part of the plant used for a spice. After the spice is ground the volatile oils are exposed to air and gradually start to lose strength.

We cannot see this happening for these natural oils fly away in invisible particles, leaving behind an exhausted powder or crumbled leaves. Compare such a lingering remainder with a newly opened container of that same spice and there's an amazing difference.

The spices used in a dish cost so little, just pennies, that it is false economy to risk the flavour of a dish made with other ingredients which cost much more.

You can help protect the aroma of your new stock of spices by observing these simple rules.

Close the container firmly after each use.

Store your spices in the coolest, driest, darkest place in the kitchen, away from stove heat and bright sunlight.

Date each container upon purchase and use your spices often for they add greatly to the enjoyment of food.

55 WAYS TO USE SPICE

1. A little chili powder in scrambled eggs.
2. A little powdered mustard in cheese omelets.
3. A little celery salt in shirred eggs.
4. A little poultry seasoning in devilled eggs.
5. A little chili powder over bacon when frying and fry eggs in the flavoured grease.
6. A sprinkle of garlic salt and cayenne pepper on liver when frying.
7. A bit of nutmeg in chicken croquette mix.
8. A trace of mace in salmon loaf.
9. A bit of nutmeg in French toast butter.
10. A dash of thyme or garlic salt in stew.
11. A bit of garlic salt and chili powder in Mexican stew.
12. Caraway seed in beef stew makes Hungarian stew.
13. Season ground beef with thyme or curry powder or poultry seasoning.
14. Sprinkle chopped basil over lamb chops before cooking.
15. Add bay leaf and whole peppercorns to tomato sauce for cod.

16. Nutmeg is extra good in meat loaf.
17. Use chili powder in meat loaf.
18. Sprinkle roast lamb with garlic salt.
19. Before cooking mutton, either braised or roasted, rub with a mixture of salt, pepper, brown sugar, nutmeg and cayenne pepper.
20. Use a dash of allspice in mutton or lamb patties and loaves.
21. Sprinkle ginger over sausage when frying, result Creole sausage.
22. Sprinkle poultry seasoning or sage over pork chops.
23. Sprinkle caraway seed over pork chops.
24. Sprinkle a little caraway seed over liver.
25. Sprinkle caraway seed or sage over roast pork.
26. Add thyme to boiling tongue.
27. Garnish cabbage salad in cream dressing with caraway seed and paprika.
28. Chili powder is a flavoursome garnish for vegetable salad.
29. Add a pinch of chili powder to potato salad.
30. Add onion salt and celery seed to grated raw carrots for potato pancakes.
31. Add a dash of mace to fish or chicken salad.
32. Use marjoram and parsley for chicken stuffing.
33. Add a dash of mace to plain cookie doughs.
34. For variation in mayonnaise dressing, add a dash of curry powder — use with chicken, sardine or egg salads.
35. Add prepared mustard to mayonnaise — use with meat salads.
36. Use poppy seed in your favourite dips.
37. A sprinkle of nutmeg over buttered carrots.
38. A bit of chili powder to corn fritters.
39. A bit of sage to onions — boiling or creaming.
40. A bit of mint or mace to peas.
41. Marjoram or thyme to chicken pot pie.
42. $\frac{1}{4}$ teaspoon each ground ginger, dried tarragon and ground cinnamon for beef pie.
43. Use mace, cinnamon, nutmeg, allspice or ground ginger to flavour applesauce.
44. Thyme and fresh tomatoes go together like hand and glove.
45. Try turmeric in creamed eggs, fish and seafood.
46. Use rosemary on lamb dishes, in soups and stews. Sprinkle on beef before roasting.
47. Add poppy seeds to buttered noodles, mix thoroughly.
48. Rub chicken inside and out with a mixture of ginger and butter before roasting.
49. Add oregano to meat sauce for spaghetti.
50. Rub ground coriander on pork before roasting.
51. Add chervil to omelet, green salad, welsh rabbit, cheese spread or stir into melted butter for green vegetables.
52. Use tarragon for fish or egg salads or blend with butter to pour over broiled steak or sprinkle over cottage cheese salad.
53. Mix rosemary into biscuit or dumpling batter to serve with meat. Use in stew or meat loaf.
54. Try savory in any dish made with dried peas, beans or lentils. Add to scrambled eggs. Sprinkle over baked or broiled fish before serving.
55. Place bay leaf in water when boiling beets, onions or potatoes, crush and add to tomato juice, soup or aspic.

Sesame Seed (*Sesamum indicum* L.)

SEEDS OF AN ANNUAL PLANT of the *Sesamum* family. Also known as "Benne" or "Bene" seed.

It is a native of Asia. We import most of ours from Nicaragua, Salvador, Egypt and Brazil. A domestic variety is now grown in Texas for use mainly as an oil seed.

The small, oval-shaped, shiny seed is rarely more than $\frac{1}{8}$ of an inch in length. The hulled seed is pearly-white in colour and the unhulled seed varies to black. This herb grows one to two feet in height and has colourful flowers. The seeds form in the blossoms. Sesame Seed has a rich, toasted-nut flavour when baked on rolls, bread and buns.

It is available hulled or unhulled, but is seldom ground. It is usually sold hulled. It is used by bakers on cookies, rolls, breads, crumpets, scones and biscuits. Many tons are required for the delicious Jewish candy Halvah, and other confections. Homemakers have recently become more aware of the merits of Sesame and have found its flavour is good in any dish where almond flavour might be used.

Sesame Seed Oriental Stuffing

- 1 tablespoon instant minced onion
- 1 tablespoon water
- 1 tablespoon olive or salad oil
- 1 cup canned bean sprouts
- 3 tablespoons soy sauce
- 1 cup cooked rice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon instant garlic powder
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 teaspoon fresh lemon juice
- $\frac{1}{3}$ cup toasted sesame seed

Add water to instant minced onion and set aside for 10 minutes. Heat olive or salad oil in a saucepan and stir in softened onion. Cook over low heat until onion is golden. Remove from heat and stir in all ingredients. Mix well with a fork, being careful not to mash rice. Use to fill cavity of a 4 lb. fresh fish or fowl.

YIELD: Sufficient stuffing for 4 lb. fish or fowl.

Bayou "Benne" Pie

This dreamy pie with its unusual sesame seed topping is so rich that smaller portions than usual are recommended.

- 3 eggs, lightly beaten
- 1 cup dark corn syrup
- $\frac{1}{2}$ cup light corn syrup
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 2 tablespoons butter or margarine, melted
- $\frac{1}{3}$ cup sesame seed
- Unbaked 9-inch flaky pastry shell

In small mixer bowl combine eggs, dark and light corn syrups, vanilla and salt. Mix

well at medium speed. Blend in flour, cinnamon and nutmeg, then melted butter. Turn into unbaked pastry shell. Sprinkle sesame seed over top. Bake in preheated moderate oven (375 F.) 40 minutes or until firm.

YIELD: One 9-inch pie or 8 portions.

Chicken Fricassee with Sesame Seed Dumplings

- $\frac{1}{4}$ cup flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 3 lbs. chicken legs and thighs
- 2 tablespoons butter or margarine
- 1 tablespoon instant minced onion
- 1 fresh carrot, finely shredded
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon thyme leaves
- $\frac{1}{2}$ teaspoon marjoram leaves
- $\frac{1}{2}$ teaspoon rosemary, crushed
- 1 bay leaf, crumbled
- 3 cups water
- 2 cups prepared biscuit mix
- 2 tablespoons toasted sesame seed
- 2 large eggs, well beaten
- $\frac{1}{4}$ cup milk

Combine flour, salt and ground black pepper. Wash chicken, pat dry and dredge well with seasoned flour. Melt butter or margarine in a Dutch oven or heavy skillet, add chicken and cook over low heat until golden. Add next 8 ingredients and stir to mix well. Bring to boiling point, lower heat, cover and cook 30 minutes or until chicken is tender. Combine the next 4 ingredients and stir with a fork to mix well. Drop by tablespoonfuls into chicken, cover and cook 12 minutes without lifting the top. Remove chicken and dumplings to a platter. Serve immediately.

YIELD: 6 servings.

Herb and Seed Nibblers

USE THE CRACKERS of your choice, rye wafers, saltines, or other bite size bits. Brush with melted butter and sprinkle with oregano, sweet basil, barbecue spice or a dash of onion salt, garlic, chili powder or paprika, sesame, poppy, celery, dill or caraway seed: to add a gay note and grand flavour.

Place crackers on a cookie sheet in a moderate oven till crisp and hot.

Celery Seed Bread Sticks

1 sandwich loaf Melted butter
½ cup grated cheese (optional)
Celery seed

Remove crusts from all of loaf. Starting at a corner, cut inch thick slices from loaf, cut slices into thick fingers. Brush all sides of sticks with melted butter. Sprinkle with grated cheese and celery seed. Place on ungreased baking sheet.

Bake in a hot oven (400° F.) until golden brown, about 8 to 10 minutes. Serve hot.

N.B. Use your favourite spice or crushed herbs instead of celery seed.



Sesame Chess Pie

This Sesame Seed Chess Pie is as southern as sugar pie, jelly pie and pecan pie. A luscious dessert for dressing up a light meal, or as a "come to our house for dessert and coffee" occasion specialty.

½ cup butter or margarine
1½ cups granulated sugar
6 tablespoons all-purpose flour
¼ teaspoon salt 3 eggs, lightly beaten
½ cup light cream or milk
1 teaspoon pure vanilla extract
¼ cup sesame seed
Unbaked 9-inch flaky pastry shell

Cream butter. Add sugar gradually and continue creaming mixture. Add flour and salt. Blend well. Add eggs; blend well. Gradually blend cream and vanilla into butter mixture. Do not over-mix. Turn into unbaked flaky pastry shell. Sprinkle sesame seed over top of filling. Bake in preheated moderate oven (350°F.) 45 minutes.

YIELD: One 9-inch pie or 8 portions.

Open Sesame Pie

*This Sesame Seed Pie Shell will give new flavour dimension to custard, butterscotch, chocolate cream or a long list of chiffon and merfinge pies.

Sesame Pie Shell

1 cup sifted all-purpose flour
½ teaspoon salt
4 tablespoons toasted sesame seed
1/3 cup shortening
3 to 4 tablespoons cold water
Date chiffon filling

In mixing bowl combine flour, salt and sesame seed. Cut in shortening; add water and mix well. Roll out dough; fit into 9-inch pie plate and flute edge. Prick generously with fork. Bake in hot oven (450° F.) 10 to 12 minutes until golden brown. Cool. Spoon date chiffon filling into pie shell.

Date Chiffon Filling

1 envelope unflavoured gelatine
1 cup milk
2 eggs, separated 6 tablespoons sugar
¼ teaspoon salt
1 teaspoon pure vanilla extract
¾ cup heavy cream, whipped
1 cup pitted dates, cut into small pieces
Baked sesame pie shell

Soften gelatine in ¼ cup cold water; set aside. In saucepan or top part of double boiler combine milk, egg yolks, ¼ cup of the sugar and salt. Cook over low heat or hot water, stirring constantly until mixture coats a metal spoon. Add softened gelatine and stir until dissolved. Add vanilla. Chill until almost set, stirring occasionally. Fold in whipped cream and dates. Beat egg whites until soft peaks are formed. Add remaining 2 tablespoons sugar gradually; continue beating until stiff peaks are formed. Fold into date mixture. Spoon into baked Sesame Pie Shell. Chill until firm.

YIELD: One 9-inch pie or 8 portions.

Sesame Seed Bologna Casserole

- 1 tablespoon instant minced onion
- $\frac{1}{8}$ teaspoon instant minced garlic
- 1 tablespoon water
- 3 cups Bologna, cut in small cubes
- 3 tablespoons butter or margarine
- 1 can (10½-oz.) cream of celery soup
- 3 tablespoons toasted sesame seed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 pkg. (8 oz.) broad noodles
- 1 tablespoon sweet pepper flakes
- $\frac{1}{2}$ cup buttered, soft bread crumbs
- 2 tablespoons toasted sesame seed

Mix instant minced onion, instant minced garlic and water. Let stand 10 minutes. Sauté softened onion and garlic and Bologna in butter or margarine until vegetables are lightly browned. Add next 4 ingredients. Mix well. In the meantime, cook noodles and sweet pepper flakes in boiling salted water according to noodle package directions. Drain. Fill a greased 1½ quart casserole with alternate layers of noodles and Bologna mixture, beginning with noodles and ending with Bologna. Sprinkle with combined bread crumbs and sesame seed. Bake in a preheated moderate oven (350° F.) for 35 minutes or until crumbs are brown.

YIELD: 6 servings.

Horseradish Sauce

- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{8}$ teaspoon salt
- Dash pepper
- 1 teaspoon sugar
- $\frac{1}{4}$ cup prepared horseradish
- $\frac{3}{4}$ cup cream

Melt butter, add flour, seasonings, sugar and horseradish. Stir until well blended. Add cream and cook until thickened, stirring constantly. Simmer 10 minutes. Thin with milk or water if too thick. Makes 1 cup.

Mixed Herbs

- 1 bay leaf (crushed)
- 1 teaspoon thyme
- 1 teaspoon sweet basil
- 2 teaspoons dried parsley
- 1 teaspoon marjoram
- Salt and pepper to taste

One hour before meat is to be cooked mix the herbs, and crushed bay leaf, salt and pepper together and add enough olive oil or salad oil to make them stick together. Set aside.

Mix $\frac{1}{4}$ cup onion flakes and 1 teaspoon celery salt together. The onion flakes are first soaked in cold water.

To Toast Sesame Seeds

Spread a thin layer of sesame seed in a large shallow baking pan. Toast in a preheated moderate oven (350° F.) 20 to 22 minutes or until lightly browned.

Sesame Seed Crescents

- 2½ cups sifted all-purpose flour
- 1 teaspoon double-acting baking powder
- 1½ teaspoons ground mace
- $\frac{1}{4}$ teaspoon salt
- 1 cup sugar
- 2/3 cup butter or margarine
- 1 egg, lightly beaten
- Toasted sesame seed

Sift together flour, baking powder, mace and salt. Gradually stir sugar into softened butter or margarine. Beat in egg. Add flour mixture gradually, mixing after each addition. Let dough stand 30 minutes at room temperature. With fingers, on waxed paper, roll one rounded teaspoon of dough at a time into a roll two inches long. Roll in toasted sesame seed. Place on ungreased cookie sheets. Curve ends. Bake in preheated moderate oven 375° F. 20 minutes or until lightly browned around the edges. Cool on wire rack. Store in a tightly closed cookie jar or box.

YIELD: 4 dozen.

Paprika Pilot Crackers

Spread pilot crackers with butter or margarine. Sprinkle with paprika and place under broiler to brown lightly.

Sardine Snacks

- 8 slices bread with crusts removed
- Melted butter or margarine
- $\frac{1}{2}$ cup chili sauce
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{8}$ teaspoon instant minced garlic
- 1 can (3½ oz.) small sardines, drained
- 2 teaspoons lemon juice
- 1 cup grated processed Cheddar cheese

Toast bread and brush with butter. Combine the chili sauce, chili powder and garlic and spread mixture on the toast; cut each slice into 4 strips and arrange on a baking sheet. Lay a sardine on each strip; sprinkle with 1 or 2 drops of lemon juice and a half tablespoon of cheese. Place in a preheated broiler about 4 inches from the heat, until the cheese melts and turns light brown.

YIELD: 32 snacks.

Curry

WHILE IT TAKES 24 hours, more or less, to jet to Bombay, India from any airport in this country, the quickest way to create an Indian atmosphere is to open a container of curry powder and breathe in its exotic aroma.

The word "curry" means simply "sauce" in India, a richly spiced sauce. It can be thick, thin or medium. It can cover meat, fowl, seafood, vegetables or almost anything not sweet. Whether very pungent as are the curries of southern India, or milder as preferred in the north, there are as many varieties of curries as there are cooks in India. There are, for instance, *kormas* or dry curries in which the sauce clings to the meat or other solid food; *vindaloos*, which must be marinated for a day in a tart, spiced sauce; *koftas*, meaning meat balls in a curry sauce. Very popular is a "wide-mouth curry" which is a mixture of meats, vegetables, nuts, lentils in a spiced sauce.

While Indian cooks begin each curry by grinding or crushing the different spices needed, convenience-minded homemakers in Canada prefer to use a carefully blended curry powder. All commercial curry powders are richly aromatic blends of different spices, more or less pungent. Curry powder formulas vary, but all are sure to include cayenne, coriander, cumin, fenugreek and turmeric. They may also contain one or more spices such as allspice, cassia, cardamom and cloves.

Curried Shrimp Balls

- 3 cans (4½ ounce size) cooked, de-veined shrimp
- 1 tablespoon instant minced onion
- 1 tablespoon water
- 2 eggs
- 1 teaspoon ground coriander
- 1 teaspoon salt
- ½ teaspoon ground cumin seed
- ¼ teaspoon powdered mustard
- ¼ teaspoon cayenne
- ½ teaspoon ground turmeric
- ⅛ teaspoon instant garlic powder
- 3 tablespoons flour
- 1/3 cup water
- ½ cup vegetable shortening
- Curry Sauce
- ¼ cup evaporated milk or coconut milk
- 1 teaspoon fresh lemon juice

Put shrimp in food blender and finely chop. Soften instant minced onion in the 1 tablespoon water and add. Blend in next 9 ingredients until paste-like. Add water; cook 5 minutes or until mixture pulls away from pan. Shape into 1 to 2 inch balls. Brown in hot shortening. Drain. Add to Curry Sauce. Cook gently 5 minutes. Add milk and heat another 2 minutes. Add lemon juice. Serve on rice.

Lamb Korma

- 2 pounds boneless lamb
- ½ cup yogurt
- 1 teaspoon ground cumin seed
- 1 teaspoon ground turmeric
- 3 tablespoons salad oil
- 2/3 cup onion flakes
- ½ teaspoon instant minced garlic
- 1 tablespoon curry powder
- 2½ teaspoons salt
- 1 teaspoon lemon juice
- 2 tablespoons grated coconut
- Hot cooked rice

Trim and discard excess fat from lamb; cut into 1 inch cubes. Blend together yogurt, cumin and turmeric. Add lamb cubes and marinate one or more hours. Remove lamb from marinade and sauté in large saucepan in 1 tablespoon of the oil. Meantime mix onion flakes and instant minced garlic in ½ cup water; let stand 8 minutes to soften. Add to saucepan with the remaining 2 tablespoons oil and sauté until golden. Add curry powder and salt. Cook, stirring, 2 minutes. Cover saucepan tightly and cook slowly 20 minutes or until lamb is tender. Add 1 cup water. Stir to form smooth gravy. Cover and continue cooking 25 minutes. Add lemon juice and coconut just before serving. Serve with rice.

YIELD: 6 servings.

Shrimp Curry

- 4 tablespoons butter or margarine
- 4 tablespoons flour
- 4 teaspoons curry powder
- 2 cups milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground ginger
- 1 pound shrimp, canned or cooked fresh
- 5 cups hot cooked rice

Melt butter in saucepan. Add flour and curry powder; blend well. Remove from heat. Add milk gradually, stirring until smooth. Return to heat and cook until thickened, stirring constantly. Add salt, black pepper and ginger. Fold in shrimp and heat thoroughly. Serve with rice.

YIELD: 4 servings.

Kedgeree

- 2 pound halibut
- 3 tablespoons butter or margarine
- $\frac{1}{4}$ cup onion flakes
- 1 teaspoon salt
- $\frac{1}{16}$ teaspoon ground black pepper
- 1 cup rice
- 2 teaspoons instant minced onion
- 1 teaspoon salt
- 2 cups white sauce
- 1 cup strained fish stock
- 1 cup milk
- 1 tablespoon curry powder
- 2 hard cooked eggs, diced

Cut fish into large pieces. Add $2\frac{1}{2}$ cups water, 1 tablespoon of the butter, onion flakes, salt and pepper. Bring to boiling point; reduce to low heat and cook until fish is tender, about 30 minutes. Meantime, melt remaining 2 tablespoons butter in medium-sized saucepan. Add rice and cook, stirring constantly, until browned. Add $2\frac{1}{2}$ cups boiling water, minced onion and salt. Simmer, covered, 25 to 30 minutes or until liquid is absorbed and rice is tender. Remove fish; set aside. Strain and reserve fish stock. Prepare sauce mix according to package directions, using fish stock, milk and 1 cup water as liquid. Add curry powder and cook as directed. Add eggs. Combine with rice; add fish and heat 5 minutes. Serve hot.

YIELD: 6 servings.

Chicken Curry

- 2 chickens jointed
- 2 teaspoons curry powder
- 2 teaspoons ground mustard seeds
- 1 teaspoon ground ginger
- 2 tablespoons ground coriander
- 1 teaspoon ground chillies
- 2 teaspoons ground cumin seeds
- 4 cloves of garlic (finely chopped)
- 2 onions (finely chopped)
- 1 tablespoon fat
- Salt to taste
- Coconut milk as required
- Lemon Juice to taste

Method: Mix ingredients 2 to 7. Cook onion and cloves of garlic in fat but do not brown them. Add curry mixture and fry in it chickens for about 5 to 7 minutes. Now add coconut milk (just sufficient to cover chicken). Simmer the whole thing gently, with pan uncovered, until the gravy starts thickening and chicken is tender. Add lemon juice and salt.



Quick Spinach With Curry Sauce

- 3 pkgs. (10 oz. each) frozen chopped spinach
- $1\frac{1}{2}$ tablespoons butter or margarine
- $1\frac{1}{2}$ tablespoons flour
- 1 teaspoon curry powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{16}$ teaspoon ground black pepper
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ teaspoon lemon juice
- 2 large hard-cooked eggs
- $\frac{1}{8}$ teaspoon crushed red pepper

Cook spinach according to package directions. Drain and reserve $\frac{1}{4}$ cup of the liquid. Keep spinach hot until serving time. In a small saucepan melt butter or margarine. Blend in flour, curry powder, and salt, and ground black pepper. Combine the $\frac{1}{4}$ cup spinach liquid, cream, and milk. Add to flour mixture. Cook over low heat, stirring constantly until thickened smooth. Stir lemon juice into the sauce. Shell hard-cooked eggs, cut apart and separate whites from yolks. Coarsely chop whites and sieve the yolks. Serve spinach topped with curry sauce and garnish with hard-cooked egg whites and sprinkle on sieved yolks and crushed red pepper.

YIELD: 6 servings.

Curry Sauce

- $\frac{1}{4}$ cup instant minced onion
- $\frac{1}{4}$ cup water
- 2 tablespoons vegetable oil or shortening
- $1\frac{1}{4}$ teaspoons curry powder
- $\frac{1}{8}$ teaspoon instant garlic powder
- $\frac{3}{4}$ teaspoon salt
- $1\frac{1}{4}$ cups water

Soften instant minced onion in water for about 10 minutes; brown lightly in vegetable oil or shortening. Add curry powder and garlic powder. Stir and cook 1 to 2 minutes. Add salt and water. Cook 10 minutes to form a medium thick sauce.

YIELD: 6 servings.

Onion Powder *(Allium capa L.)*

INSTANT ONION POWDER HAS CORRECT-THE-SEASONING POWER

"CORRECT THE SEASONING" as experienced cooks know, means tasting critically and adding, if needed, a bit more salt, a few grains of sugar, a pinch of pepper or one of the many forms of instant onion.

If it's a dish other than dessert it's likely that a last-minute boost in onion flavour is indicated. At this point the modern cook reaches for one of the convenient forms of dehydrated onion. Dehydrated onion first reached the spice shelf in 1935 and today we have instant onion powder, instant minced onion, onion salt, chopped onion and onion flakes. These products are so uniformly good and so simple to use that the demand for dehydrated onion has increased ten-fold in a decade.

When you correct the seasoning of a dish about to be served, stir in instant onion powder. It releases its flavour quickly. It also blends smoothly in uncooked mixtures such as salad dressing, sandwich filling or chilled soup.

Onion salt, too, is instantly flavourful, but since part of the mixture is pure table salt it should be used where both onion and salt are needed. It's great for sprinkling over broiled meats, tossed green salads or stirring into mashed potatoes, other vegetables, or what have you.

Instant minced onion and onion flakes can be added right from the container to any mixture which contains enough liquid to let them soften. If there is no noticeable liquid in the mixture, instant minced onion should be mixed with an equal amount of water and allowed to stand for 8 to 10 minutes before use. Apply the same rules to onion flakes, except that they require just a little less water—four measures of flakes to three of water. Water is absorbed in a few minutes. Always soften onion bits in water if they are to be sautéed.

GROUND, dehydrated onions.

Onion Powder is used commercially in the manufacture of processed meats and sausages. It is excellent for flavouring any food in which the versatile onion is used. It is a convenient form of using this vegetable seasoning.

Onion Powder is an excellent seasoning for meats. Give new taste-tempting flavour to steaks by adding a dash of Onion Powder just before cooking.

ONION SALT

A COMMERCIAL mixture of table salt and Onion Powder.

It has the same general use as Onion Powder, and may be employed in addition to or in place of plain salt. It provides a distinctive flavour when added to meats, sauces and gravies. Try Onion Salt in scalloped potatoes and hamburgers.

Bavarian Supper Casserole

- 2 tablespoons instant minced onion
- 2 tablespoons water
- 3 tablespoons butter or margarine
- 1 teaspoon ground sage
- 1½ teaspoons caraway seed
- ½ teaspoon ground black pepper
- 2 lb. head cabbage, shredded
- ¾ lb. slivered cooked ham
- 1 teaspoon salt

Combine onion with water and allow to stand for 10 minutes to soften. Melt butter or margarine in a large heavy skillet. Add sage, caraway, ground black pepper and onion and sauté 2 minutes. Stir in cabbage. Cover and cook 10 to 15 minutes or until crisp-tender, stirring once. Toss in ham and salt and cook until ham is hot. Serve immediately.

YIELD: 6 servings.

Onion Meat Loaf

- 2 pounds ground chuck
- 1½ cups finely diced tomatoes
- 1 cup fine dry bread crumbs
- ¾ teaspoon instant minced onion
- 2 tablespoons parsley flakes
- 2 tablespoons sweet pepper flakes
- 1½ teaspoons salt
- ¼ teaspoon ground black pepper
- 2 eggs, lightly beaten

Combine all ingredients and mix thoroughly. Pack into greased 9 x 5 x 3-inch loaf pan. Bake in preheated moderate oven (350° F.) 1 hour or until done. Serve hot.

YIELD: 6 servings.

Crab Bisque

- ¼ cup instant minced onion
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1 can (7½ oz.) crabmeat
- 1 can (1 lb.) tomatoes
- 1 tablespoon sweet pepper flakes
- 1 teaspoon salt
- 1 teaspoon parsley flakes
- 1 small bay leaf
- ½ teaspoon thyme leaves, crushed
- ½ teaspoon instant minced garlic
- ½ teaspoon ground black pepper
- ½ teaspoon cayenne

Combine minced onion with ¼ cup water; let stand 8 minutes to soften. Melt butter in medium saucepan. Add flour; stir until brown. Drain liquid from crabmeat; reserve liquid and crabmeat. Add sufficient water to crab liquid to measure 1½ cups. Pour into saucepan. Add remaining ingredients except crabmeat. Bring to boil; simmer 15 minutes, stirring occasionally. Flake crabmeat and add. Cook 5 minutes longer.

YIELD: 6 servings.

Egg Salad Spread

The seasoning powder of instant onion powder makes good sandwiches even better as evidenced by this peppery tasting Egg Salad Spread.

- ½ teaspoon powdered mustard
- 6 hard cooked eggs, chopped
- 2 to 3 tablespoons sweet pickle relish
- 4 tablespoons mayonnaise
- 2 teaspoons instant onion powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Mix powdered mustard with ½ teaspoon warm water and let stand 10 minutes for flavour to develop. Combine mustard with remaining ingredients. Mix well. Add additional mayonnaise if more moist spread is desired.

YIELD: Sufficient filling for 4 to 6 sandwiches or 2 cups egg salad.

Stuffed Tomatoes Grecian Style

- 6 large tomatoes
- 2 teaspoons instant minced onion
- ½ teaspoon instant minced garlic
- 1 cup cooked rice
- 1 tablespoon currants
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon instant garlic powder
- 1 teaspoon lemon juice
- 2 tablespoons olive or salad oil

Cut tops off tomatoes; scoop out pulp to within ½-inch of shells and chop fine. Blend minced onion and minced garlic with 3 tablespoons water and let stand 3 to 5 minutes. Combine with remaining ingredients. Stuff tomatoes with mixture. Pour oil over top. Bake in covered casserole in preheated moderate oven (350° F.) 20 to 25 minutes or until done.

YIELD: 6 servings.

Cut this onion bread in squares and serve it while still warm from the oven. Especially good with green salads and cold cuts.

Onion Flat Bread

- 1 package (13¾ oz.) hot roll mix
- 1/3 cup instant minced onion
- 1 tablespoon softened butter or margarine

Prepare dough following package directions. Let dough rise until double in size. Meanwhile, soften minced onion in 1/3 cup water; let stand at least 10 minutes. After first rising of dough, roll on a lightly floured board into a 9 x 13-inch rectangle. Place dough on a greased cookie sheet. Spread top with butter and sprinkle with softened onion. Let rise again until double in size. Bake in a preheated moderate oven (375° F.) 30 to 35 minutes.

YIELD: 1 bread.

Deviled Eggs in Onion Cheese Sauce

- 6 hard-cooked eggs
- 3 tablespoons mayonnaise
- 1 teaspoon instant onion powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{16}$ teaspoon ground white pepper
- 1 teaspoon vinegar
- 1 tablespoon minced pecans
- 1 package (approx. $1\frac{1}{2}$ oz.) cheese sauce mix
- 1 teaspoon instant minced onion

Shell eggs. Cut sliver from bottom of eggs so they will stand upright. From other end of eggs, cut slice about $\frac{1}{2}$ inch from top and scoop out yolks. Mash yolks with fork.

Add mayonnaise, onion powder, salt, pepper and vinegar. Mix well. Stir in nuts; spoon yolk mixture into eggs, or fill with pastry tube; place in small round casserole. Prepare cheese sauce according to directions on package. Add minced onion. Pour over eggs in casserole; cover. Bake in preheated moderate oven (350° F.) 10 minutes.



Onion Salt brings the nip of onions minus tears. It belongs in every green salad, often with tomatoes, frequently with meats, and (gently now) with fish, fowl and eggs.

Use $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon for 4 servings.



Egg Cutlets with Cheese Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- Dash paprika
- $\frac{3}{4}$ teaspoon dried minced onion
- 1 teaspoon dried parsley flakes
- 4 hard cooked eggs, chopped
- Cracker crumbs
- 1 egg, slightly beaten
- 2 tablespoons water

Melt butter in top of double boiler, add flour and stir until blended. Add seasonings and milk and cook until mixture thickens.

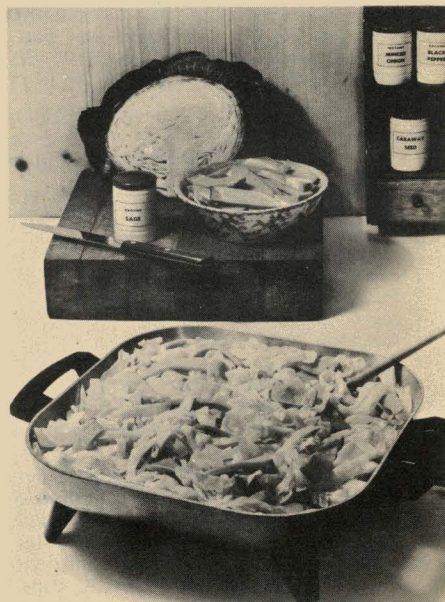
Remove from heat, add chopped hard cooked eggs. Set aside to cool. When cold, shape into small cutlets, roll in fine cracker crumbs, dip into slightly beaten egg diluted with 2 tablespoons water, and again in crumbs. Fry in hot deep fat (about 370° F.) until brown. Serve with Cheese Sauce and buttered asparagus tips. Serves 6.

Deviled Egg Mould

- 1 envelope unflavoured gelatine
- $\frac{1}{2}$ cup water
- 1 teaspoon salt
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{3}{4}$ cup mayonnaise
- 1 teaspoon dried minced onion
- $\frac{1}{2}$ cup finely diced celery
- $\frac{1}{2}$ cup diced green pepper
- $\frac{1}{4}$ cup chopped pimento
- 4 hard cooked eggs, chopped

Sprinkle gelatine on water to soften. Place over low heat and stir until gelatine is dissolved. Remove from heat and add salt, lemon juice, Worcestershire sauce, and cayenne pepper. Cool. Stir in mayonnaise. Fold in remaining ingredients. Turn into a 3-cup mould or individual moulds and chill until firm. Unmould by dipping mould in warm water to depth of the mixture.

Loosen around edge with the tip of a paring knife. Place serving dish on top of mould and turn upside down. Shake, holding dish tightly to mould. Garnish with salad greens, tomatoes, olives, or radishes.



BAVARIAN SUPPER CASSEROLE

Shredded cabbage and slivered ham, sparkled with a bit of ground sage and other seasonings, make this casserole as tasty as it is hearty.

(See page 9)

Poultry Seasoning

A BLEND of Sage, Thyme, Marjoram and Savory, with sometimes Rosemary and other spices added. A "must" for flavouring fowl, veal, pork and fish stuffings, it is also excellent in croquettes. For an interesting flavour combination, add Poultry Seasoning to biscuit batter and serve the biscuits with poultry. When mixed with Paprika, it is also a good flavouring for meat loaf.

Favourite Turkey Stuffing

- $\frac{1}{2}$ cup onion flakes
- $\frac{1}{2}$ cup water
- 2 tablespoons butter or margarine
- 7 cups day-old bread cubes
- $\frac{1}{2}$ cup boiling water
- 1 cup melted butter or margarine
- 3 teaspoons ground sage
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon celery salt
- $\frac{1}{2}$ teaspoon ground black pepper

Combine onion flakes with water and set aside for 5 minutes to soften. Heat butter or margarine in a skillet. Add softened onion flakes and cook until tender but not browned, about 5 minutes. In a large bowl toss onion flakes together with bread cubes to mix well. In hot water combine remaining ingredients. Pour gradually over bread, tossing lightly while adding. If a more moist dressing is desired, add another $\frac{1}{2}$ cup water.

YIELD: Approximately 8 cups stuffing.

Oyster Stuffing

- $\frac{1}{3}$ cup instant minced onion
- $\frac{1}{3}$ cup celery flakes
- $\frac{2}{3}$ cup water
- $\frac{1}{2}$ cup butter or margarine
- 1 cup oyster liquor
- 2 tablespoons parsley flakes
- 2 teaspoons salt
- 2 teaspoons ground sage
- 2 teaspoons poultry seasoning
- $\frac{1}{2}$ teaspoon ground black pepper
- 8 cups (2 quarts) toasted white bread cubes (croutons)
- $1\frac{1}{2}$ cups drained chopped fresh oysters

Combine instant minced onion, celery flakes and water. Let stand 5 minutes to soften. Sauté 3 to 4 minutes in butter or margarine. Combine with remaining ingredients. Mix and stuff lightly into neck and body cavities of a 10 to 12 lb. turkey. Close openings with skewers and lace tightly with string. Roast, using your favourite method.

YIELD: Sufficient stuffing for a 10 to 12 lb. turkey.

Sauteed Zucchini Slices

- 1 pound zucchini
- 1 egg, slightly beaten
- $\frac{1}{2}$ cup all purpose flour
- $1\frac{1}{2}$ teaspoons poultry seasoning
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon instant garlic powder
- $\frac{1}{16}$ teaspoon ground black pepper
- 2 to 3 tablespoons salad oil

Wash and slice unpeeled zucchini into $\frac{1}{2}$ inch thick slices. Dip into egg and then in flour mixed with poultry seasoning, salt, garlic powder and pepper. Heat oil in skillet and sauté zucchini 2 minutes on each side or until tender. Serve hot as vegetable or appetizer.

YIELD: 6 servings.



Family Dinner Meatloaf

- 1 pound ground lean beef
- $\frac{1}{2}$ pound ground veal
- $\frac{1}{2}$ pound ground lean pork or sausage
- 2 eggs
- $\frac{1}{2}$ cup milk
- 1 cup fine dry bread crumbs
- $\frac{1}{4}$ cup instant minced onion
- 2 tablespoons sweet pepper flakes
- 2 teaspoons salt
- 1 teaspoon poultry seasoning
- $\frac{1}{2}$ teaspoon ground black pepper

Mix all ingredients together. Turn into a greased 9 x 5 x 3 inch loaf pan. Bake in preheated moderate oven (350° F.) 1 hour or until done. Turn out onto a serving plate; serve hot. Garnish with parsley flakes if desired.

YIELD: 8 servings.

Herbed Liverwurst Stuffing

- 1/2 pound liverwurst
- 2 quarts (8 cups) toasted bread cubes
- 1/3 cup instant minced onion
- 1/4 cup celery flakes
- 3 tablespoons parsley flakes
- 2 1/2 teaspoons salt
- 2 teaspoons poultry seasoning
- 1/2 teaspoon ground black pepper
- 2/3 cup butter or margarine, melted
- 1/2 cup turkey stock

Put liverwurst through food chopper, using the coarse blade. Mix with remaining ingredients. Stuff mixture into body cavity and crop of 10 to 12 pound turkey. Close the body openings with skewers and string. Roast turkey, using your favourite method. YIELD: Sufficient stuffing for a 10 to 12 pound turkey.

Raisin and Nut Stuffing

- 3 quarts toasted bread cubes
- 3/4 cup onion flakes
- 1/4 cup parsley flakes
- 1 1/2 teaspoons poultry seasoning
- 1 tablespoon celery seed
- 1 tablespoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups seedless raisins
- 1/2 cup chopped walnuts
- 1/2 cup butter or margarine, melted
- 1 cup apple cider

Combine first 9 ingredients. Mix well. Stir in melted butter and apple cider. Fill crop and body cavity of a 10 to 12 pound turkey. Close body openings with skewers and string.

YIELD: Sufficient stuffing for a 10 to 12 pound turkey.

Apple Bread Stuffing in Casserole

- 6 cups toasted bread cubes
- 2 cups sliced apples
- 1/2 cup onion flakes
- 1/4 cup celery flakes
- 1/4 cup butter or margarine, melted
- 2 teaspoons poultry seasoning
- 1 1/2 teaspoons salt
- 1 teaspoon parsley flakes
- 3/4 to 1 cup stock or water
- 1 tablespoon butter or margarine

Combine bread cubes and apples in large mixing bowl. Mix onion celery flakes with 3/4 cup water; let stand 5 minutes. Sauté in 1/4 cup melted butter about 5 minutes. Add to bread apple mixture with remaining ingredients. Mix well. Place in a buttered 2 quart baking dish. Dot with butter. Bake covered, in a preheated moderate oven (375° F.) 30 minutes.

YIELD: 8 servings.

Poultry Stuffing

- 2 tablespoons water
- 1 tablespoon instant minced onion
- 1/3 cup butter or margarine
- 1/2 cup diced celery
- 1/2 teaspoon salt
- 1 teaspoon parsley
- Dash pepper
- 1 teaspoon poultry seasoning
- 1/2 teaspoon sage
- 1/2 teaspoon MSG
- 3/8 teaspoon celery salt
- 3 cups soft bread crumbs or cubes
- 1/4 to 1/2 cup chopped walnuts
- 1/3 cup chicken broth

Mix water and onion in a small dish; let stand 5 minutes until water is absorbed. Melt butter in a frying pan over medium heat. Add onion and celery; cook and stir until soft but not brown. Remove from heat; stir in salt and next 6 ingredients. In a large bowl combine bread and nuts. Pour the celery mixture and broth over the bread; toss lightly until well mixed.

YIELD: 3 cups, enough for a 4-lb. chicken.

To make stuffing for a 12-pound turkey, triple the recipe; for a 16-pound turkey, make 4 times the recipe.

Roast Wild Duck

- 1 dressed wild duck, 2 to 3 lb.
- 1 teaspoon salt
- 1/2 teaspoon MSG
- 1/4 cup celery leaves
- 1 small onion, cut in half
- 1 teaspoon poultry seasoning
- 3 whole cloves
- 1 tart apple, cut into wedges
- 3 slices lemon
- 1 bay leaf
- 2 slices bacon

Set oven for moderate 350° F. Remove any pinfeathers and singe the duck, if necessary. Wash the bird well inside and out under cold running water; dry with paper towels. Rub the body cavity with the salt and stuff with celery leaves and next 6 ingredients. Close cavity with skewers laced with twine. Skewer neck skin to the back. Place duck on rack in shallow roasting pan. Lay bacon across breast of bird. Roast 20 minutes per pound, basting with pan juices every 15 minutes. Pierce the duck with a fork to release fat which accumulates under the skin. Duck is done when leg moves easily when grasped between thumb and forefinger. Take out skewers and twine; remove celery and other seasonings.

All game birds should be refrigerated 3 or 4 days before roasting, to bring out the full flavour.

DIRECTIONS FOR ROASTING STUFFED POULTRY

SELECT A PLUMP, ready-to-cook bird, allowing $\frac{1}{2}$ to $\frac{3}{4}$ pound per serving.

Consult the roasting chart below. Plan to have bird done about 20 minutes before serving. This allows time for making the gravy and removing skewers and twine. In addition, the bird will be easier to carve.

1. Remove any pinfeathers with tweezers, or catch them between thumb and paring knife. Remove any hairs by singeing.
2. Remove bits of lung and liver and any large layers of fat from body cavity.
3. Wash bird inside and out with cold water. (Do not let it stand in the water.) Drain the bird well and dry with paper towels.
4. Set oven for moderately low, 325° F.
5. Rub body cavity lightly with salt and MSG.
6. Fill the cavity with stuffing, taking care not to pack it tightly because stuffing expands during cooking.
7. Close cavity opening with 4 or 5 small skewers laced with twine.
8. If the bird is a large one, fill neck cavity with stuffing.
9. Skewer neck skin to the back. Tie legs together with twine and fasten to tail. Fold wings under body.
10. Place bird, breast side up, on a rack in a large, shallow roasting pan.
11. Insert a meat thermometer in thickest part of thigh, close to body. Do not let the tip of the thermometer rest on bone.
12. Brush the bird generously with melted butter, margarine or shortening; cover with a double thickness of cheesecloth dipped in melted butter.
13. Put bird in the oven. Do not cover the pan.
14. If cloth over bird dries out during roasting, moisten with additional melted butter. When roasting goose and duck, it may be necessary to pierce the skin after an hour of roasting, to permit some of the fat to drain off.
15. Bird is done when meat on a leg can be pierced easily with a fork. The thermometer should read 190° F. for all poultry.

TIME CHART FOR ROASTING POULTRY

(for stuffed poultry at refrigerator temperature)

	Ready-to-Cook (Weight)	Roasting Time (Approximate)	Oven Temperature
CHICKEN	3 lb.	2½ hrs.	325° F.
	4 lb.	3 hrs.	325° F.
	5 lb.	3½ hrs.	325° F.
CAPON	6 lb.	3¾ hrs.	325° F.
DUCK OR DUCKLING	4 lb.	3 hrs.	325° F.
GOOSE	10 lb.	4 hrs.	325° F.
TURKEY	8 lb.	4 hrs.	325° F.
	12 lb.	4½ hrs.	325° F.
	16 lb.	5½ hrs.	325° F.
	20 lb. and over	6½ lbs. or more	300° F.

For *unstuffed* birds up to 8 pounds, allow 15 to 25 minutes shorter roasting time; for *unstuffed* birds over 8 pounds, allow 30 to 40 minutes less time.

For *unstuffed frozen* birds, follow chart above, but allow 12 to 15 minutes more per pound.

Paprika (*Capsicum annuum L.*)

PAPRIKA MAY ALSO have a slight bite. Historically, this kind was characteristic of of Hungarian Paprika, although today, that country produces the sweet type of paprika as well. In the same way, most other growing areas today produce both sweet and nippy Paprika. Spain is the exception, since its Paprika is always of the sweet type. Since several varieties of peppers are used to produce Paprika, pods in one growing area may differ in shape and size from those of another. Some are fairly round, with a pointed end; others are elongated. In general, they are medium to small, as peppers go.

In most instances, the consumer finds a container labelled simply "Paprika" and this is the sweet type. The kind which has some pungency is primarily sold in food manufacturing channels; when available at retail, it is usually a specialty food item, which may or may not be found in the regular spice department.

Paprika Cheese Sticks

- 1½ cups sifted all-purpose flour
- 2 teaspoons paprika
- ½ teaspoon salt
- 1 cup (4 oz.) grated Cheddar cheese
- ½ cup butter or margarine
- About 3 tablespoons cold water

Sift together in mixing bowl flour, paprika and salt. Blend in cheese. Add butter and cut in with pastry blender or 2 knives until pieces are size of small peas. Sprinkle in water, 1 teaspoon at a time, mixing lightly with fork after each addition. (Add only enough water to hold pastry together.) Shape into ball, being careful not to handle too much. Roll on lightly floured board to ¼-inch thickness. Cut into ½-inch strips. Place on ungreased cookie sheets. Bake in preheated very hot oven (450° F.) 8 to 10 minutes. Cool and serve with salads or as a cocktail accompaniment.

YIELD: 54 (3-inch) sticks.

Stuffed Mushrooms

- 1 pound (18 to 20) medium-sized mushrooms
- ½ cup oil
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 1 egg, lightly beaten
- 1 to 2 tablespoons Genoese Sauce (P41)
- ¾ cup soft bread crumbs
- Paprika

Remove stems from mushrooms. Chop stems (makes about 1½ cups); set aside. Brush caps, inside and out, with oil. Sprinkle lightly with salt. Place mushrooms in baking pan, cavity side up. Heat butter in medium-sized skillet. Add chopped stems and sauté until lightly browned. Remove from heat.

Stir in egg, Genoese Sauce and bread crumbs. Fill caps with mixture. Bake in a preheated moderate oven (350° F.) 10 to 12 minutes. Garnish with paprika. Serve as a meat accompaniment or as an hors d'oeuvre.

YIELD: 18 stuffed mushrooms.

Paprika Covered Casserole

- ½ pound broad noodles
- 1 container (8 oz.) creamed cottage cheese
- ½ cup grated Canadian cheese
- 1 cup sour cream
- ½ cup milk
- 2½ teaspoons paprika
- 1 pound ground beef
- 3 tablespoons bread crumbs
- 1 egg
- 1 teaspoon salt
- 2 tablespoons mixed vegetable flakes
- 1 teaspoon instant minced onion
- ⅛ teaspoon instant minced garlic
- ⅛ teaspoon ground black pepper

Cook noodles in boiling salted water 10 minutes. Combine cottage cheese with Canadian cheese; set aside. Blend sour cream with milk and 2 teaspoons of the paprika; set aside. Prepare meatballs by combining ground beef with bread crumbs, egg and salt. Mix well. Mix vegetable flakes, minced onion and garlic in 2 tablespoons water; let stand 8 minutes to soften. Add to meat mixture with remaining ½ teaspoon paprika and black pepper. Shape into 1-inch meatballs. Brown in small amount of fat in skillet. Place in buttered casserole layers of noodles, cheese mixture, sour cream mixture and meatballs. Repeat procedure, ending with meatballs.

YIELD: 6 to 8 servings.

Paprika Blend for Chicken

- $\frac{1}{4}$ cup paprika
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon poultry seasoning
- $\frac{1}{2}$ teaspoon basil leaves, crushed
- $\frac{1}{4}$ teaspoon cayenne
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground marjoram
- $\frac{1}{4}$ teaspoon ground thyme
- 3 tablespoons salad or olive oil
- Chicken cut into serving pieces

Combine all ingredients except chicken and blend well. Brush over chicken before and during cooking. Good when broiling or barbecuing chicken.

YIELD: Enough to coat 4 lb. chicken.

Paprika Chicken Salad

- $\frac{3}{4}$ teaspoon dry mustard
- $\frac{3}{4}$ teaspoon warm water
- 2 teaspoons paprika
- $1\frac{1}{2}$ teaspoons instant mixed onion
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon basil leaves
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{3}{4}$ cup olive oil
- 1 pound head cauliflower
- $\frac{1}{2}$ cup wine vinegar
- 6 cups cooked diced chicken
- 1 medium-size cucumber, thinly sliced
- $\frac{1}{2}$ cup sliced toasted almonds

Combine powdered mustard and water; let stand 10 minutes for flavour to develop. Add paprika, instant onion, sugar, salt, basil, black pepper and oil. Let stand 1 hour. Meanwhile, break cauliflower into small flowerettes; cut into $\frac{1}{4}$ -inch thick slices. Set aside. Add vinegar to paprika mixture; beat well. Combine dressing with cauliflower, chicken and cucumber. Toss gently to blend. Refrigerate at least 2 hours. Just before serving.

Frosted Paprika Potato Soup

- $\frac{1}{4}$ cup onion flakes
- $\frac{1}{4}$ cup celery flakes
- $1\frac{3}{4}$ cups water
- 3 tablespoons butter
- 1 tablespoon flour
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons paprika
- $\frac{1}{8}$ teaspoon ground black pepper
- 2 cans (10 $\frac{1}{4}$ oz. each) frozen cream of potato soup, undiluted
- $1\frac{1}{2}$ cups milk

Mix onion and celery flakes with $\frac{1}{2}$ cup of water. Let stand 8 minutes for vegetables to soften. Cook vegetables in butter over moderate heat, about 3 minutes, stirring often. Remove from heat. Blend remaining $1\frac{1}{4}$ cups water, flour and salt. Stir into sautéed vegetables. Simmer over low heat, 10 minutes. Blend in paprika and black pepper. Thaw soup as label directs. Add to saucepan and blend. Put through coarse sieve or purée in electric blender, until

smooth. Add milk; mix thoroughly. Chill. Garnish with chopped chives, if desired.

YIELD: 4 to 6 servings.

Chilled Paprika Apple Soup

- 2 pounds (4 large) apples
- $2\frac{1}{2}$ cups water
- 2 tablespoons lemon juice
- $\frac{1}{2}$ cup sugar
- 2 whole cloves
- 1 (2-inch) stick cinnamon
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{16}$ teaspoon ground black pepper
- $2\frac{1}{2}$ teaspoons paprika
- 2 teaspoons cornstarch
- Sour cream
- Paprika

Peel and dice apples. There should be about 6 cups. In medium saucepan mix apples, water, lemon juice, $\frac{1}{4}$ cup of the sugar, cloves, cinnamon, salt and black pepper. Cover and simmer 15 minutes or until apples are tender. Remove cloves and cinnamon. Blend in paprika. Put mixture in blender or through coarse sieve to purée. Return to saucepan. Mix remaining $\frac{1}{4}$ cup sugar with cornstarch; add to purée. Cook, stirring constantly, until mixture reaches boiling point; reduce heat and simmer 1 minute. Cool, then chill thoroughly. Garnish each serving with a dollop of sour cream and a sprinkle of paprika.

YIELD: 4 to 6 servings.

Cucumber Soup

- 2 large cucumbers
- 2 teaspoons instant minced onion
- 2 teaspoons water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup butter
- 2 tablespoons flour
- 1 can (13 $\frac{3}{4}$ oz.) chicken broth
- 2 teaspoons paprika
- 1 cup milk
- 1 cup diced cucumbers
- $\frac{1}{2}$ cup slivered cooked chicken or cucumber
- Paprika

Peel, seed, and thinly slice cucumbers. There should be about 3 cups. Combine instant onion with water; let stand 8 minutes to soften onion. Mix cucumber with onion, salt and black pepper. Melt butter over moderate heat. Add vegetables and cover, cook about 10 minutes or until cucumbers are soft, stirring occasionally. Remove from heat. Blend flour with chicken broth; stir into vegetables. Bring to boiling point and cook 1 minute stirring constantly. Lower heat; add paprika and simmer about 5 minutes, blending occasionally. Add milk; put mixture through coarse sieve, or purée in electric blender. Add diced cucumber. Chill thoroughly. Dip edges of slivered chicken or cucumber into paprika. Use to garnish soup.

YIELD: 4 servings.

Fluffy Paprika Fruit Salad Dressing

- $\frac{1}{2}$ cup orange juice
- 2 eggs, separated
- 1 tablespoon lemon juice
- 1 teaspoon paprika
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{3}$ cup sugar
- Paprika

Heat orange juice over low heat. Beat egg yolks, lemon juice, paprika and salt together in the top of a double boiler. Gradually beat in 3 tablespoons of the sugar. Slowly stir in hot orange juice. Cook over hot water until thickened, stirring constantly. Beat egg whites until they stand in soft peaks. Gradually beat in remaining sugar. Fold into the cooked mixture. Chill. Stir well before serving. Garnish with paprika. Store in a covered container in refrigerator not more than 3 days.

YIELD: Approximately $1\frac{1}{2}$ cups.

Stuffed Lobster Tails, Paprika

Rock lobster meat and green peas dressed with paprika mayonnaise make an elegant luncheon dish.

- 1 egg
- $1\frac{1}{2}$ teaspoons paprika
- $\frac{3}{4}$ teaspoon celery salt
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant onion powder
- $1/16$ teaspoon cayenne
- 3 tablespoons lemon juice
- 1 cup salad oil
- 8 (7 ounces each) frozen lobster tails
- 1 package (10 oz.) frozen green peas

To prepare mayonnaise, place egg, paprika, celery salt, salt, black pepper, onion powder, cayenne, lemon juice and $\frac{1}{4}$ cup of the oil, in container, cover, blend at high speed a few seconds in electric blender; or use hand mixer. Remove cover; without stopping blender add remaining $\frac{3}{4}$ cup oil in a slow stream. Reserve. Cook lobster tails according to package directions. Carefully remove meat from shells leaving shells whole. Reserve shells. Cut meat in bite-size pieces. Cook peas until barely tender; drain and add to lobster. Add about $\frac{1}{2}$ cup of the mayonnaise and toss lightly to blend. Chill thoroughly. To serve, fill lobster shells with chilled salad. Serve with remaining paprika mayonnaise.

YIELD: 8 servings.

Veal (Or Chicken) Paprikash

The colour and flavour of paprika pleased the Hungarians so much that they gave its name to a realm of world-famous Hungarian "paprikashes" on the order of this tempting dish which can be made with either veal or chicken.

- 2 tablespoons instant minced onion
- 2 pounds boneless veal shoulder OR
- $2\frac{1}{2}$ pounds broiler-fryer chicken
- $\frac{1}{4}$ cup flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup salad or olive oil
- 2 tablespoons paprika
- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{2}$ cup milk
- 1 cup sour cream

Mix minced onion with an equal amount of water; let stand 8 to 10 minutes to soften. Cut veal into 1-inch cubes or cut chicken into serving-size pieces. Dredge meat in flour mixed with salt and pepper. Heat oil in 10 to 12-inch skillet. Add meat, softened onion and 1 tablespoon paprika to the hot oil. Brown meat well on all sides. Add $\frac{1}{3}$ cup water, cover tightly and simmer, turning occasionally, adding more water if needed. Cook 45 minutes or until meat is tender. To make sauce, melt butter in small saucepan over low heat. Blend in flour and remaining 1 tablespoon paprika until smooth, stirring constantly until mixture bubbles. Remove from heat and gradually stir in milk. Return to heat and bring rapidly to boiling point, stirring constantly. Reduce heat; cook 1 to 2 minutes longer or until thickened, stirring. Gradually stir in sour cream, beating vigorously. Pour sauce over cooked meat in skillet and heat thoroughly, but do not boil. Serve hot with broad noodles, if desired.

YIELD: 4 to 6 portions.

Sopa De Ajo

(Hot Garlic Soup)

- 6 slices white bread
- 3 tablespoons olive oil
- 2 cans (10½ oz. each) chicken broth, undiluted
- 1 can (1 lb.) tomatoes, broken up
- 1 tablespoon instant minced onion
- $1\frac{1}{2}$ teaspoons instant garlic powder
- 1 small bay leaf, crumbled
- 1 teaspoon paprika

Trim crusts from bread; cut into $\frac{1}{2}$ -inch cubes. Heat oil in a medium saucepan. Add bread cubes and sauté, turning until golden brown, about 3 minutes. Add chicken broth, tomatoes, minced onion, garlic powder, bay leaf, paprika and 1 cup water. Simmer 15 minutes. Taste; add salt if necessary. Serve hot.

YIELD: 6 portions.

Chives

ONE OF THE BEST things to happen to our cuisine in years is the recent availability of dried chives. Everybody loves the springtime flavour of this herb, but in times past it has been difficult to find a constant supply of the plant.

Although chives belong to the *Allium* genus, along with onions and garlic, the bulbs are too small to be used. We get our chive flavour from the green stem-like leaves which are about the size of knitting needles. Because we use the leaves, the chive plant is generally grouped with the leafy herbs. Generations of gardeners have set chives in their knot gardens of herbs, or have used them as an ornamental edging for garden beds.

The chive plant doesn't like hot weather and was apparently unknown and unused around the Mediterranean in ancient Greek and Roman times. Today it's still a stranger to places such as Spain and Egypt, lands where onions and garlic grow lustily. It begins to be used in northern Italy and is prized as a seasoning in lands to the north — France, Germany, England, Austria. It seems to have gained recognition in the 16th century. However it must surely have been discovered long before that — it's too delightful to have remained unnoticed in earlier centuries.

Use dried chives just about the way you would freshly cut ones. Add them liberally to stews, soups, vegetables. Do it toward the end of the cooking period. Mix them with half as much warm water if they are to be used uncooked in salads, sandwich fillings or as garnishes. Mix dried chives with water, too, before adding them to fats or oils.

Classic Chive Butter

- 1 tablespoon dried chives
- 1½ teaspoons warm water
- 1 stick (¼ lb.) soft butter or margarine

Moisten chives with warm water and add to soft butter. Blend well. Chill until firm. Serve with hot corn-on-the-cob, baked potato, ground beef, French bread, broiled meats, baked shrimp, cooked green beans and other vegetables.

YIELD: ½ cup.

Variations

Easy Chive Biscuit Ring: Separate biscuits from 2 packages of refrigerated biscuits. Dip unbaked biscuits in 1/3 cup softened chive butter. Stand up in well-buttered, 8-inch ring mold until mold is filled. Bake in preheated hot oven (400° F.) 30 minutes or until brown.

YIELD: One 8-inch ring.

Grilled Corn Bread Squares with Chive Butter: Cut one 8-inch square corn bread (prepared from package mix or favourite recipe) into 8 squares. Split each in half. Melt ¼ cup chive butter. Brush over cut side of corn bread. Place on broiler rack and place under heat with control set on broil. Turn to brown on both sides.

YIELD: 6 to 8 servings.

Eggs Benedict With Hollandaise Chive Sauce

- 4 English muffins
- 8 slices Canadian back bacon, broiled
- 8 eggs, poached
- 1 pkg. Hollandaise sauce mix
- 1 teaspoon dried chives

Split and toast English muffins, allowing two halves for each serving. Cover each muffin half with slice of broiled Canadian back bacon. Top each with poached egg. Prepare Hollandaise sauce according to package directions. Stir in chives. Pour 1 to 1½ tablespoons sauce over each egg. Serve at once.

YIELD: 4 servings.

Chive-Cucumber Sauce for Fish

- ½ teaspoon powdered mustard
- ½ teaspoon warm water
- 2 tablespoons dried chives
- 1 cup grated cucumber, drained
- 3 tablespoons lemon juice
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 cup mayonnaise

Blend powdered mustard with warm water; let stand 10 minutes for flavour to develop. Add mustard, chives, cucumber, lemon juice, salt and pepper to mayonnaise and blend well. Chill. Serve over fish mousse, fish salads, baked or poached fish.

YIELD: 1-2/3 cups.

Cream of Mushroom Soup

- 1 tablespoon minced onion
- 3 tablespoons butter
- 1 1/2 cups ground raw mushrooms
- 2 tablespoons flour
- 2 cups boiling water
- 1 bay leaf
- 1 cup light cream
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon chives

Sauté onion in butter. Add mushrooms and cook 10 minutes. Stir in flour well. Add boiling water and bay leaf and add salt and pepper. Add cream and simmer until well heated. Serve sprinkled with chives.

YIELD: 4 servings.

Chive Cheese Omelet

- 4 eggs, separated
- 1/2 teaspoon salt
- 1/16 teaspoon ground black pepper
- 1/4 cup milk
- 1 tablespoon butter or margarine
- 1 teaspoon dried chives
- 1/2 teaspoon warm water
- 2 slices bacon, cooked and crumbled
- 1/2 cup shredded Cheddar cheese

Beat egg yolks until thick and light. Add salt, pepper and milk. Fold into stiffly beaten egg whites. Turn into buttered, hot 9-inch skillet or omelet pan. Cook over low heat until omelet puffs up and is golden brown on bottom, about 3 to 5 minutes. Blend dried chives and warm water. Sprinkle chives, crumbled bacon and cheese on omelet and quickly place in preheated moderate oven (350° F.) for 10 to 15 minutes longer or until top springs back when pressed with finger. Make 1-inch cuts at opposite sides and crease with back of knife. Fold on crease by slipping spatula or pancake turner under half the omelet. Slide onto platter. Serve immediately.

YIELD: 4 to 5 servings.

Surprise Ham Sandwich

Topped with potato chips and barbecue seasoning, this unusual baked sandwich is hearty and attractive.

- 1 1/2 cups diced cooked ham or shrimp
- 3/4 cup finely diced celery
- 1 teaspoon dried chives
- 1 tablespoon lemon juice
- 2/3 cup cooked salad dressing
- 1/2 teaspoon paprika
- Salt and pepper
- 1/8 teaspoon onion salt
- 3 wiener rolls, split
- 1 cup coarsely crushed potato chips
- Barbecue seasoning

Combine ham or shrimp with next 6 ingredients. Add additional salt and pepper to taste. Butter bun halves and pile ham mixture on top of each. Press potato chips into mixture. Sprinkle with barbecue seasoning. Bake in a hot oven of 425° for 12 to 15 minutes.

YIELD: 6 servings.

Chive Devilled Eggs

- 6 hard-cooked eggs
- 2 tablespoons dried chives
- 2 teaspoons warm water
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground marjoram
- 1/16 teaspoon ground black pepper
- Dash instant garlic powder
- 1/3 cup mayonnaise, approximately
- Paprika for garnish

Shell eggs; cut in half, lengthwise. Carefully remove yolks; place in small mixing bowl. Mash until fine. Blend dried chives with warm water and lemon juice, and let stand a few minutes to soften. Combine chives and remaining ingredients, except paprika, using enough mayonnaise to moisten; mix well. Refill cavities of egg whites. Garnish with paprika.

YIELD: 6 servings.



Chicken Chive Fricassee

- 3 pounds ready-to-cook chicken
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons butter or margarine
- 2 tablespoons flour
- 1 chicken bouillon cube
- 1 1/4 cups hot water
- 1/8 teaspoon instant minced garlic
- 2 tablespoons dried chives
- Cooked hot rice

Wash chicken and cut into serving-size pieces. Rub salt and pepper into chicken. Brown chicken in butter in Dutch oven. Blend flour with pan drippings. Stir in bouillon cube, water and instant minced garlic. Cover and simmer 20 minutes or until chicken is tender. Add chives and cook 5 minutes. Serve hot with rice.

YIELD: 6 servings.

Rosemary (*Rosmarinus officinalis* L.)

"APPETITE COMES with the eating" may be said of many foods and seasonings, especially one as distinctive as rosemary. This esteemed herb, native to the shores of the Mediterranean, bears its aroma in leaves which look like inch-long pine needles.

Once we have tasted rosemary with chicken, lamb, pork or beef stews and with such vegetables as eggplant, green beans, summer squash or turnips, our love of its fragrance suggests all kinds of other delicious uses. It's delicately good in fruit cups or in sugar syrup for sweetening lemonade or fruit punches. Heat a half teaspoon rosemary with the milk to be used in making a loaf of yeast bread. Spoon bread is better than ever for a half or whole teaspoon of rosemary; again, heat it in the milk. Unlike most herbs, rosemary requires at least 10 minutes cooking time to release the flavour.

Rosemary is compatible with many other spices and herbs. It goes especially well with garlic, onion and sweet pepper flakes, most other herbs and such true spices as black, white or red pepper, ginger and allspice.

Fresh Rhubarb Rosemary Parfaits

- 3½ lbs. diced fresh rhubarb
- 2½ cups sugar
- 1½ teaspoons rosemary leaves, crushed
- ¼ teaspoon salt
- ¼ cup boiling water
- 4 pkgs. unflavoured gelatine
- 1 cup fresh orange juice
- 1 pint fresh strawberries, sliced
- ¾ cup heavy cream, whipped
- 1 tablespoon confectioners' sugar
- 12 whole fresh strawberries

Place rhubarb in deep saucepan with next 4 ingredients. Cook, covered, over low heat, until rhubarb is tender, about 35 minutes. Transfer some to the container of an electric blender and blend until smooth. Depending on the size of blender, work small amounts at a time until it is all blended. Strain and pour back into saucepan. Sprinkle gelatine over orange juice. Stir to dissolve. Add to hot rhubarb mixture. Stir until blended. Cool until mixture mounds slightly when dropped from spoon. Fold in sliced strawberries. Spoon mixture into parfait glasses. Refrigerate. Before serving, garnish with whipped cream sweetened with confectioners' sugar and a whole strawberry.

YIELD: 12 servings.

Rosemary Shrimp Pastry Loaf

- Pastry made from 2½ cups flour
- 2½ lbs. shrimp, peeled and deveined
- 1 cup white wine
- 2 cups water
- 1 tablespoon instant minced onion
- 2 large eggs
- 1 large egg yolk
- 1 cup heavy cream
- 2 tablespoons brandy
- 2 tablespoons fresh lemon juice
- 2 teaspoons salt
- ½ teaspoon rosemary leaves, crushed
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon cayenne
- ½ teaspoon ground nutmeg
- 1 large egg, lightly beaten

With part of pastry, line a 9 x 5 x 3-inch loaf pan, reserve remainder for top crust. Poach shrimp in a well seasoned court bouillon made with white wine and water. Drain and cool. Put shrimp through fine blade of grinder or mince in a blender. Combine shrimp with next 11 ingredients. Mix well. Spoon shrimp mixture into pastry-lined pan. Cover with top crust, sealing edges well. Brush top with beaten egg. For steam to escape, make 2 holes, the size of nickels, on top. To "set" crust, bake in a preheated very hot oven (450° F.) for 10 minutes. Reduce heat to 350° F. and continue baking for 65 minutes. Remove to rack and let cool. Refrigerate overnight before removing from pan. Slice and serve cold.

Herbed Bread

- 1 teaspoon rosemary leaves, crumbled
- 1 teaspoon ground marjoram
- 2 tablespoons butter or margarine
- 1 tablespoon sugar
- 1½ teaspoons salt
- 2 packages active dry yeast
- 6 to 7 cups all-purpose flour

Add rosemary and marjoram to 1 cup boiling water in saucepan. Simmer 4 minutes. Pour into large mixing bowl. Add butter, sugar and salt; stir until dissolved. Add 1 cup cold water and cool mixture to lukewarm. Sprinkle yeast over lukewarm mixture. Stir until dissolved. Add enough flour to make a stiff batter, beating well. Add remaining flour to make a firm, but not stiff, dough. Mix and turn onto floured board. Knead until mixture is smooth and elastic (about 10 minutes). Place in greased bowl, brush top with melted butter. Cover and let rise in warm place. When dough has doubled in bulk, punch down, shape into 2 loaves and place in greased 9 x 5 x 2¾ inch pans. Return to warm place to rise until doubled in bulk. Bake in moderate oven (375° F.) 50 to 60 minutes or until brown.

YIELD: 2 loaves.

Rosemary Glazed Chicken

- 1 tablespoon instant minced onion
- ½ teaspoon powdered mustard
- 1 tablespoon water
- 1 cup dark brown sugar, firmly packed
- ½ cup cider vinegar
- 1 cup drained, crushed pineapple
- 2 tablespoons soy sauce
- 1/16 teaspoon instant garlic powder
- 2 teaspoons rosemary leaves, crushed
- ½ teaspoon prepared horseradish
- ⅛ teaspoon cayenne
- ¼ teaspoon salt
- 1/16 teaspoon ground black pepper
- 4 broiler chickens, 2½ lbs. each

Combine instant minced onion, powdered mustard and water. Let stand 10 minutes; stir occasionally. In a deep, heavy saucepan combine next 10 ingredients. Add onion and mustard. Blend well. Bring to a boil, reduce heat and simmer, uncovered, 10 minutes. Stir occasionally. Quarter chicken and place, skin side up, under a preheated broiler about 6 inches from heat source; brush with pineapple sauce and cook slowly, turning and basting with sauce, until tender and nicely browned, about 30 to 45 minutes. Extra sauce may be stored in a covered jar in refrigerator. This is a delicious sauce for barbecued chicken.

Chicken Genoese Style

- 6 chicken legs and thighs
- 2 tablespoons olive or salad oil
- ¼ cup instant minced onion
- ⅛ teaspoon instant minced garlic
- ¾ cup red wine
- 4 tablespoons tomato paste
- 1 tomato, diced
- 1 teaspoon parsley flakes
- ½ teaspoon rosemary leaves, crumbled
- ½ teaspoon salt
- 1/16 teaspoon ground black pepper
- Stock or water as needed

Sauté chicken in hot oil until golden brown, about 10 minutes. Drain excess oil from pan. Meantime, blend onion and garlic with 3 tablespoons water; let stand 8 minutes to soften. Pour wine over chicken; cook, uncovered, over low heat until wine has evaporated, about 15 minutes. Mix tomato paste with 1 cup water. Add onion and garlic and remaining ingredients to chicken. Continue cooking, uncovered, over low heat 15 minutes or until chicken is tender. Add stock or water as needed. (Sauce should be very thick.)

YIELD: 6 servings.

Curry Of Lamb

- 2 lb. lamb shoulder, boned and cut in ½ inch cubes
- ½ cup flour
- 2 tablespoons butter or margarine
- 2 teaspoons curry powder
- ½ teaspoon pepper
- 1 tablespoon rosemary
- 2 teaspoons salt
- 1 tablespoon sugar
- 1½ cups water
- 2 tablespoons vinegar
- 3 cups hot cooked rice

Set oven for moderate, 350° F. Coat lamb cubes with flour. Melt the butter in a large frying pan over medium heat. Add the lamb and cook and stir until well browned. Remove from heat. Put the meat into a casserole. Combine curry powder, pepper, rosemary, salt and sugar in a small bowl. Add water and vinegar and stir to blend; pour mixture over lamb in the casserole. Bake, covered, 1 hour. Remove from oven and serve at once over the hot rice. This is a mild curry. If a hot curry is preferred, add another teaspoon curry powder, ½ teaspoon dry mustard, ½ teaspoon ground cinnamon, ¼ teaspoon ground cloves and ½ teaspoon ground ginger. Add these seasonings to the others before stirring in the water and vinegar.

YIELD: 6 servings.

Poppy Seed *(Papaver somniferum L.)*

A ROSE IS A ROSE, is a rose, is a rose, but a poppy is a *poppy*, is a *seed*, is a *spice*! The edible product of this beautiful flower is the aromatic tiny seed derived from its pod. It takes some 900,000 of these almost-blue seeds to make a pound of the spice we know as poppy seed. Each poppy seed contains a tiny droplet of oil which carries the nut-sweet flavour. You've probably tasted these seeds in baked breads and cakes and atop dinner rolls.

Poppy seed has been used internationally in sweet desserts and main dishes for centuries. The Viennese make a deliciously rich poppy seed strudel. If you are of Polish origin, you've probably tasted poppy seed puffs or tarts. Indian cooks sprinkle the tiny blue seeds in dishes such as chicken and shrimp curries and spiced pot roast. If you haven't tried poppy seed with buttered noodles or salads, you have a delightful flavour and crunchy texture treat in store for you.

Poppy Seed Coffee Roll

- ¼ cup milk
- 1 package active dry yeast
- 1 teaspoon sugar
- 2½ cups sifted all-purpose flour
- 3 tablespoons sugar
- ¼ teaspoon salt
- 1/3 cup butter or margarine
- 1 egg slightly beaten
- Poppy Seed Filling

Scald milk; cool to lukewarm. Sprinkle yeast over ¼ cup warm water. Add 1 teaspoon sugar and stir until dissolved. Let stand 5 minutes. Sift flour with the 3 tablespoons sugar and salt. Cut in butter with pastry blender or two knives until mixture resembles coarse meal. Add milk and egg to yeast mixture; gradually add to flour mixture and blend well. Knead until dough is smooth on lightly floured board. Place in greased bowl. Cover, let rise in warm place until doubled in bulk. Punch dough down and roll out on lightly floured board to a rectangle 10 x 16 inches. Spread with Poppy Seed Filling. Roll in jelly roll fashion. Seal ends. Bake in preheated moderate oven (350° F.) 30 to 40 minutes or until done.

Poppy Seed Filling

- 1 cup poppy seed
- ½ cup milk
- 2 tablespoons butter or margarine
- 2 tablespoons honey
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- ½ cup raisins

Grind poppy seed in blender, if available, or use whole. Combine with remaining ingredients in small saucepan. Bring to boil, then simmer for 10 to 12 minutes. Cool mixture thoroughly before spreading on dough.

YIELD: One 16-inch roll.

Poppy Seed Cake

- 1 cup poppy seed
- 1/3 cup honey
- 1 cup butter or margarine
- 1½ cups sugar
- 4 eggs, separated
- 1 cup sour cream
- 1 teaspoon pure vanilla extract
- 2½ cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt

In small saucepan cook poppy seed with honey and ¼ cup water for 5 to 7 minutes. Cool. Cream butter and sugar until light and fluffy. Add cooled poppy seed mixture. Add egg yolks, one at a time, beating well after each addition. Blend in sour cream and vanilla. Sift together flour, soda and salt. Gradually add to poppy seed mixture, beating well after each addition. Beat egg whites until stiff peaks are formed. Fold into batter. Pour batter into lightly greased and floured 9-inch tube pan. Bake in preheated moderate oven (350° F.) 1 hour and 15 minutes or until done. Cool in pan 5 minutes. Remove cake and cool on wire rack. Frost, if desired, with confectioners' sugar icing, blending 1 cup sifted confectioners' sugar and 4 teaspoons cold water together until smooth.

YIELD: One 9-inch cake.

Poppy Seed Bread

Set oven for moderately low, 325°F. Cut a loaf of unsliced white bread in half, lengthwise, almost through, leaving bottom crust as a hinge; then make 4 crosswise cuts. Spread top, sides and all cut surfaces of the bread with softened butter or margarine; then sprinkle with poppy seed. Wrap bread securely in foil. Place on a baking sheet; bake 15 minutes or until bread is heated.

Poppy Seed Tea Bread

- 3 cups sifted all-purpose flour
- 3½ teaspoons baking powder
- 1 teaspoon salt
- ½ cup poppy seed
- ¾ cup sugar
- ¼ cup shortening
- 2 eggs
- 1 teaspoon grated lemon peel
- 1-1/3 cups milk

Sift together flour, baking powder and salt; add poppy seed. Beat together sugar, shortening and eggs. Blend in lemon peel and milk. Add, all at once, to flour mixture. Mix only until ingredients are blended (about 30 strokes.) Turn into a well-greased, lightly floured 9 x 5 x 3-inch bread pan. Bake in preheated moderate oven (350° F.) 1 hour and 10 minutes. Cool. Serve, if desired, with butter or cream cheese.

YIELD: 1 loaf.



Chinese Omelet

- ½ cup finely diced cooked bacon or ham
- ½ cup minced onion
- ¼ cup sliced water chestnuts
- 1 cup bean sprouts
- 5 eggs
- 3 teaspoons poppy seed

Combine meat, onion, chestnuts, sprouts and poppy seed. Mix well. Beat eggs until thick and add meat and vegetables. Divide into 6 portions, mold into a soup ladle or cup and pour carefully into a shallow pan of hot fat or oil. Brown and serve.

YIELD: 3 - 6 servings.

Easy Cheddar Cheese

- 2 cups (½ pound) shredded Canadian cheddar cheese
- 2 tablespoons poppy seeds
- 2 (8 oz.) cans refrigerated buttermilk biscuits
- 1 egg slightly beaten

Butter an 11 x 4 inch loaf pan. Preheat oven to 425° F. Combine cheese and poppy seeds. Open packages of biscuits and dip each biscuit in beaten egg. Coat lightly on all sides with cheese — poppy seed mixture. Stand biscuits on edge in 2 rows in pan, packing loosely. Sprinkle remaining cheese — poppyseed mixture over top. Bake in preheated oven 18 to 20 minutes. Serve warm.

Poppy Seed Twists

- 1 yeast cake
- ½ cup lukewarm water
- 2 tablespoons shortening
- 2 tablespoons sugar
- 2 teaspoons salt
- ½ cup milk, scalded
- 1 egg
- 3½ to 4 cups sifted all-purpose flour

Soften yeast in lukewarm water. Add shortening, sugar and salt to scalded milk. Cool to lukewarm and add yeast and beaten egg. Stir in flour to make a soft dough. Turn out on floured board and knead until satiny and smooth (8 to 10 minutes). Place in greased bowl, cover and let rise until doubled in bulk. Punch down. Let rise again until doubled in bulk. Punch down and let stand 10 minutes. Roll dough out ¼ inch thick and cut into strips ½" wide, and 6" long. Cross three strips in the middle and braid from center to each end. Press ends together and fold under. Brush tops with melted butter, then sprinkle with poppy seeds. Place on greased baking sheet, and let rise until doubled in bulk. Bake in hot oven (425° F.) 12 to 15 minutes.

Puffy Poppy Seed Cookies

- 3 eggs
- ½ cup corn oil
- 3 tablespoons sugar
- 1 cup sifted flour
- ¼ teaspoon salt
- 4 tablespoons poppy seeds

Beat eggs until light. Beat in oil, sugar, flour and salt. Beat until very smooth, stir in poppy seeds. Drop by teaspoons on greased cookie sheet, leaving about 3 inches apart (cookies spread and puff in baking). Bake at 325° F. about 15 minutes, or until browned on edges.

YIELD: about 36.



Poppy Seed goes with sweet and salty foods. Stir the blue-black, nut-like seed into scrambled eggs, breads, coffee cake fillings and cookies. Use one tablespoon or more for 4 servings.

Oregano

THE DRIED LEAVES of a perennial herb of the mint family. Also known as Oreganum, Mexican Oregano, Mexican Sage and Origan.

A native of the Mediterranean area, Oregano is imported into the United States from Mexico, Italy, Greece, Chile and France.

The leaf is about $\frac{5}{8}$ of an inch in length, and a light-green colour when dried.

Oregano's flavour is strong and aromatic, with an assertive, pleasantly bitter undertone. Its flavour is similar to Marjoram and, in fact, the word "Oregano" is Spanish for Marjoram.

It is available rubbed (crushed) and ground. Oregano is an essential ingredient of Chili Powder and is used in Chili Con Carne and many other Mexican dishes. It is the spice that made pizza famous and is equally good with any tomato-type dish, from spaghetti to old-fashioned stewed tomatoes. It is also a fine seasoning for gravies, omelettes, soups, beef stew and boiled eggs. Try Oregano with roast lamb for a savoury change.

Prosciutto and Oregano Pie

- Pastry (using 1 cup flour)*
 2 tablespoons instant minced onion
 2 tablespoons water
 $\frac{3}{4}$ cup finely chopped celery
 $\frac{3}{4}$ cup finely chopped seeded tomatoes
 $\frac{1}{4}$ cup finely chopped prosciutto or boiled ham
 1 teaspoon sugar
 $\frac{1}{2}$ teaspoon dill seed
 $\frac{1}{2}$ teaspoon oregano leaves
 $\frac{1}{8}$ teaspoon ground black pepper
 1 large egg, well beaten
 1 thin slice prosciutto or boiled ham

Roll pastry $\frac{1}{8}$ -inch thick and line an 8 x 8 x 2-inch pan, allowing pastry to come up only $\frac{3}{4}$ -inch on the sides. Add water to instant minced onion and set aside for 10 minutes. Blend together next 7 ingredients and then stir in softened onion. Spoon mixture into pastry-lined pan. Pour beaten egg over top of the mixture. Cut ham into $\frac{1}{2}$ -inch squares and arrange over top of pie. Bake in a preheated hot oven (425° F.) 10 minutes. Reduce heat to 350° F. and continue baking for 30 minutes or until crust is lightly browned and filling is firm in the center. Remove from oven and allow to cool thoroughly. Cut into 2-inch squares and serve as an appetizer.

Zucchini Italian Style

- 2 pounds zucchini squash
 4 medium tomatoes
 $\frac{1}{4}$ cup onion flakes
 2 teaspoons salt
 1 teaspoon crumbled oregano leaves
 $\frac{1}{2}$ teaspoon ground black pepper
 $\frac{1}{2}$ teaspoon instant garlic powder
 2 tablespoons salad or olive oil

Slice squash crosswise into $\frac{1}{2}$ -inch thick pieces. Place layer in 10 x 6 x 2-inch casserole. Cut tomatoes into slices $\frac{1}{2}$ inch thick. Place a layer over the squash. Mix onion flakes with $\frac{1}{4}$ cup water; let stand 8 minutes to soften. Combine onions with seasonings and sprinkle half over squash and tomatoes. Top with remaining squash and tomato slices. Brush with salad oil and sprinkle with remaining seasonings. Cover and bake in preheated moderate oven (350° F.) 25 to 30 minutes.

YIELD: 8 portions.



SALMON LUNCHEON MOLD

A braggin' salad, this Salmon Luncheon Mold, with salmon and mushrooms and other good things enhanced by the aroma of marjoram.

Marjoram (*Majorana hortensis* M.)

THE DRIED LEAVES of a perennial herb of the mint family.

Marjoram is a native of western Asia and the Mediterranean. We import most of ours from France, Peru and Chile.

This herb is gray-green in colour.

The flavour of Marjoram is distinctively aromatic with a somewhat bitter undertone.

Marjoram is sold whole and ground. It is excellent with vegetables, particularly lima beans, peas and string beans. It is excellent with lamb and mutton, and in stews, soups, sausages and poultry stuffings. Many processed foods, such as liverwurst, bologna and head cheese use Marjoram for flavour. Sprinkle Marjoram over lamb while cooking for a new flavour touch.

Salmon Luncheon Mold

- 2 envelopes unflavoured gelatine
- 1 can (12½ ounces) chicken consomme
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 5 or 6 hard cooked eggs
- 1 can (1 pound) red salmon:
- ¼ cup salmon liquid
- 1 teaspoon instant minced onion
- 1 can (3 ounces) chopped mushrooms, drained
- ¼ cup water
- ¼ cup cider vinegar
- 2 teaspoons sugar
- 2 teaspoons ground marjoram
- 1 teaspoon parsley flakes
- ½ teaspoon celery salt
- ¼ teaspoon ground black pepper
- ½ cup heavy cream, whipped

Marinated Green Beans

In saucepan, sprinkle 1 envelope of the gelatine over ½ cup of the consomme. Place over low heat and stir until gelatine is dissolved. Remove from heat; stir in remaining consomme, lemon juice and salt. Pour into bottom of 6-cup ring mold. Chill until almost firm. Cut eggs in half lengthwise; arrange in gelatine, with yolks face down. Chill until gelatine is firm. Drain salmon and reserve ¼ cup liquid. Remove bones from salmon and flake. Add mushrooms and toss lightly. In saucepan combine reserved salmon liquid and instant onion. Add remaining envelope of gelatine, water, vinegar, sugar, marjoram, parsley, celery salt and black pepper. Cook and stir over low heat until gelatine is dissolved. Remove from heat; chill until consistency of unbeaten egg white. Mix gelatine thoroughly with flaked salmon mixture. Fold in whipped cream. Spoon lightly over eggs in ring mold; spread evenly with spatula. Chill until firm. Unmold onto serving plate. Fill center with Marinated Green Beans.

YIELD: 6 servings.

Marinated Green Beans

- 2 packages (9 ounces each) frozen cut green beans
- 2 tablespoons cider vinegar
- 2 teaspoons marjoram leaves, crumbled
- 6 tablespoons salad oil
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Cook beans as package directs, just until crisp-tender; drain and cool. In small bowl, combine oil, vinegar, marjoram, sugar, salt, and black pepper. Beat until blended. Pour dressing over green beans; cover and marinate in refrigerator 12 hours.

YIELD: 6 servings.

Marjoram Meat Loaf

- 2 pounds ground chuck
- ¾ fresh bread crumbs
- 1 tablespoon instant minced onion
- 1 tablespoon water
- 1 tablespoon butter
- 1 can (8 ounces) tomato sauce
- 1 tablespoon marjoram leaves, crumbled
- 2 teaspoons salt
- 2 teaspoons parsley flakes
- ¼ teaspoon ground black pepper
- 2 eggs, beaten
- 2 slices bacon, halved crosswise

In large bowl, combine meat with bread crumbs. Mix instant onion with water; let stand 8 minutes for onion to soften. In small skillet, sauté softened onion in butter until golden, about 3 minutes. Add to meat along with tomato sauce, marjoram, salt, parsley flakes, black pepper and eggs. Mix lightly, but well. Place meat in a greased 9x5x3-inch loaf pan. Unmold onto shallow baking dish (molding the meat in loaf pan gives it better shape). Top with bacon. Bake in a preheated moderate oven (325° F.) for 1¼ hours. Serve hot or cold.

YIELD: 6 servings.

Garlic (*Allium sativum* L.)

(Instant Garlic Powder, or Granulated Garlic, Instant Minced Garlic, Garlic Salt)

THERE IS THE teasing aroma of Garlic drifting over the American cuisine, for there has been a 1,000 percent increase in Garlic use during the last decade.

Even though Garlic is a somewhat recent discovery for many Americans, it is a very ancient seasoning. Records show that it was eaten by Egyptian workmen 5,000 to 6,000 years ago; that the Greeks loved it while the Romans of Caesar's day did not, although their descendants, the modern Italians love it.

Credit for the zooming popularity of Garlic must go to the convenient dehydrated products: Instant Minced Garlic, Instant Garlic Powder or Granulated Garlic and Garlic Salt. The first three forms are pure Garlic, while Garlic Salt is Garlic Powder combined with table salt. Instant Minced Garlic is ideal in dishes which require cooking or in which the Garlic bits can stand until flavour is released. All other forms release flavour instantly.

Garlic grows best and develops finest flavour in warm regions — the reason California is headquarters for the modern dehydrated Garlic industry.

Garlic Shishkebabs

- 1 cup fresh lemon juice
- ½ cup salad oil
- 4 teaspoons instant garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 pounds boneless leg or shoulder of lamb, cut into 1½-inch cubes
- 2 zucchini cut into 1½-inch slices
- 6 medium mushrooms
- 6 cherry tomatoes

Combine lemon juice, salad oil, instant garlic, salt and pepper. Pour into plastic bag, add lamb and fasten bag securely. Marinate 3 to 4 hours or overnight, turning bag occasionally to distribute marinade. Alternate meat, zucchini, mushrooms and tomatoes on each of 6 skewers. Brush lightly with marinade. Broil over a slow-burning charcoal fire, about 3 inches from heat, turning skewers often, until meat is medium-rare. Brush with marinade frequently. Or, broil indoors 4 inches from heat, turning often, until meat is medium-rare. Brush with marinade frequently.

YIELD: 6 servings.

Greek Stuffed Eggplant

- 3 small eggplants
- 1½ tablespoons lemon juice
- ½ cup onion flakes
- 1 teaspoon instant minced garlic
- 1 pound ground lamb
- 2 tablespoons olive or salad oil
- ½ cup bread crumbs
- 1 egg, beaten
- 2 tablespoons parsley flakes
- ½ teaspoon oregano leaves
- ½ teaspoon garlic salt
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ cups toasted bread cubes

Parboil eggplant 12 to 15 minutes in boiling water to cover. Remove from water; cut in half lengthwise and remove pulp to within ½ inch of skin. Chop pulp in small pieces; reserve. Brush cut surface of eggplant with lemon juice. Mix onion flakes and minced garlic in ¼ cup water; let stand 3 to 5 minutes. Add to ground lamb. In skillet sauté lamb in oil until pink color is gone. Add reserved eggplant pulp, bread crumbs, egg, parsley, oregano, garlic salt, salt and black pepper. Mix well. Fill shells with meat mixture. Top each with ¼ cup bread cubes. Place in greased baking pan. Bake in preheated moderate oven (350° F.) 30 minutes. Serve hot as main dish.

YIELD: 6 servings.



GREEK STUFFED EGGPLANT

The Greeks have a word for eggplant stuffed with ground lamb seasoned with garlic and other spices: It's "M-M-M-M!"

Marinated Chicken

- $\frac{1}{2}$ cup salad oil
- 2 tablespoons cider vinegar
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant garlic powder
- 3 pounds ready-to-cook chicken, quartered

In bowl, combine oil, vinegar, instant onion, salt, pepper and garlic powder. Mix well with fork or wire whisk. Place chicken in large plastic bag with marinade. Fasten bag opening securely, leaving about $1\frac{1}{2}$ inches space over the chicken. Refrigerate 2 hours. Turn bag occasionally to distribute marinade. Remove chicken to rack in shallow roasting pan. Pour excess marinade into cup. Bake in preheated moderate oven (350° F.) about 1 hour, 10 minutes, or until golden and fork tender. Brush chicken occasionally with remaining marinade.

YIELD: 4 servings.

Shanghai Pork

- 2 lbs. lean pork, cut in 2-inch strips, about $\frac{1}{2}$ -inch thick
- $\frac{1}{2}$ teaspoon instant garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup salad oil
- 2 tablespoons instant minced onion
- 2 tablespoons water
- 1 tablespoon salad oil
- 2 cups sliced carrots, cut in $\frac{1}{2}$ -inch pieces
- 1 can (6 oz.) sliced mushrooms
- 1 can ($10\frac{1}{2}$ oz.) cream of celery soup
- $\frac{1}{4}$ cup soy sauce
- $\frac{3}{4}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground black pepper
- 3 cups shredded cabbage
- $\frac{1}{4}$ cup toasted slivered almonds
- Cooked rice

Rub the pork with the combined instant garlic powder and salt. Heat the $\frac{1}{4}$ cup oil in a skillet; add the pork, a few pieces at a time, and brown on all sides. Transfer to a $2\frac{1}{2}$ quart casserole. Combine instant minced onion and water; let stand 10 minutes for onions to soften. Add the 1 tablespoon oil to the skillet. Add softened onions and carrots and cook until onions are golden. Stir frequently to keep from sticking to bottom of pan. Add mushrooms and can liquid, soup, soy sauce, ginger and ground black pepper. Heat to boiling, stirring constantly. Pour mixture over pork and toss gently. Bake, covered, in a preheated moderate oven (350° F.) 1 hour or until meat is fork-tender. Top with shredded cabbage, cover and cook another 10 minutes. Before serving garnish with slivered almonds. Serve with hot, fluffy rice.

YIELD: 6 servings.

Garlic Italian Bread

- 1 loaf Italian bread or 6 seeded rolls
- $\frac{1}{2}$ cup soft sweet butter
- $\frac{1}{2}$ teaspoon instant garlic powder
- 3 tablespoons grated Parmesan cheese

Cut loaf or rolls in diagonal slices, 1 inch apart, making sure not to cut through bottom crust. Combine remaining ingredients; mix until well blended. Spread all mixture between slices. Place bread on an ungreased cookie sheet. Bake in preheated moderate oven (350° F.) 10 minutes or until butter is melted and bread is hot. Serve immediately.

YIELD: 6 servings.

Cinnamon is equally at home with everything from chocolate to chili. A biting-sweet powder, it brings out the nippiness of the chili powder in this native dish.

Chili Con Carne

- 3 tablespoons fat or shortening
- 3 medium-sized onions
- 1 lb. minced beef
- 1 can (15 oz.) tomatoes
- 1 can (6 oz.) tomato paste
- 1 to 2 tablespoons chili powder
- 1 teaspoon dry mustard
- 1 teaspoon instant minced garlic
- 2 teaspoons salt
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground cloves
- 2 small bay leaves
- $\frac{1}{4}$ cup cold water
- 2 cups (1 lb. each) kidney beans, undrained

Melt fat in a frying pan over medium heat. Add onions and cook, stirring occasionally, until they are tender but not brown. Remove onions and set aside. Put the meat in the frying pan. Break meat into small pieces with the side of a metal spatula or large spoon as it cooks, and stir occasionally to brown it evenly. Into a medium-sized saucepan, pour tomatoes and tomato paste; add the meat and onions. Blend the chili powder, mustard, garlic, salt, sugar, cinnamon, nutmeg, cloves and bay leaves with the water. Add to the meat mixture and stir until all ingredients are well mixed. Cover tightly and simmer one hour, stirring occasionally. Add kidney beans and simmer 15 minutes longer. Remove the bay leaves before serving. The long slow cooking gives the Chili Con Carne a full-bodied flavour, which develops even further if refrigerated one or two days before serving.

YIELD: 6 servings.

Garlic Bread Casserole

- 1 eggplant (2 lbs.)
- 1 teaspoon salt
- Water to cover
- 1 tablespoon instant mixed onion
- $\frac{1}{4}$ cup sweet pepper flakes
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup olive or salad oil
- $\frac{1}{2}$ cup Spanish type tomato sauce
- $\frac{1}{4}$ cup water
- 5 stuffed olives, sliced
- 1 teaspoon oregano leaves
- 1 teaspoon capers
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant garlic powder
- 1/16 teaspoon ground red pepper
- 2 cups diced cooked beef
- $\frac{1}{2}$ teaspoon salt
- 6 slices Italian bread
- 2 tablespoons butter or margarine
- $\frac{1}{8}$ teaspoon instant garlic powder

Wash, peel and cut eggplant into $\frac{1}{2}$ -inch dice. Place in a bowl with the 1 teaspoon salt. Cover with water. Combine the next 3 ingredients; set aside for 10 minutes. Heat olive or salad oil, add softened vegetables and saute until golden. Stir in the next 8 ingredients. Cook slowly 5 minutes. Add meat and the $\frac{1}{2}$ teaspoon salt. Drain eggplant, reserving 1 cup of the water, and add to the sauce. Place eggplant cubes in a 2-quart casserole. Spoon meat sauce over all. Cover and bake in a preheated moderate oven (350° F.) 30 minutes. In the meantime blend softened butter or margarine and instant garlic powder; spread on bread slices. Remove cover from casserole and top with garlic bread slices. Return to oven and continue cooking 5 minutes or until bread is lightly browned.

YIELD: 6 servings.



Tossed Salad Dressing

- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ cup French dressing

Put all ingredients into a bowl and mix with a rotary beater or a wire whisk. Chill thoroughly before serving.

YIELD: 1 $\frac{1}{2}$ cups.

Marinated Spareribs

Letting meats stand in a good, garlicky marinade enhances flavour at the same time the meat is tenderized. Instant garlic powder is easy to use in marinades.

- 4 pounds spareribs (cracked at large end)
- $\frac{1}{2}$ cup salad oil
- $\frac{1}{4}$ cup tomato ketchup
- 2 tablespoons cider vinegar
- 2 tablespoons chili sauce
- 1 tablespoon soy sauce
- 2 teaspoons instant minced onion
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant garlic powder

Place spareribs on rack in shallow roasting pan; cover with foil. Bake in preheated moderate oven (350° F.) 1 hour, or until excess fat is melted. Drain off fat. Cool meat enough to handle. Meanwhile, in bowl, combine oil, ketchup, vinegar, chili sauce, soy sauce, instant onion, salt, pepper and garlic powder; mix well. Pour into a large plastic bag. With scissors, cut meat into 3 rib serving pieces; add to marinade in bag. Fasten bag opening securely leaving about 1 $\frac{1}{2}$ inches free over the meat. Refrigerate 2 hours. Turn bag twice to distribute marinade. Return spareribs to rack in roasting pan; pour excess marinade into cup. Bake in preheated moderate oven (350° F.) for 1 hour, brushing occasionally with marinade. Cover pan with foil; continue to bake another 20 minutes or until meat is fork-tender, and nicely glazed.

FOR OUTDOOR COOKING:

Thread meaty sections of ribs on skewers; grill over glowing coals, turning often and brushing with remaining marinade, until meat is fork-tender and deep brown — about 10 minutes.

YIELD: 6 servings.

Sweet & Sour Basting Sauce

- 1 cup white sugar
- 1 teaspoon mustard
- 1 teaspoon paprika
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 cup cider vinegar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{3}{4}$ cup ketchup
- 3 tablespoons worcestershire sauce
- 1 tablespoon curry powder

Mix ingredients thoroughly and simmer 5 minutes. Sufficient for 2 broilers.

Tarragon *(Artemisia dracunculus L.)*

TARRAGON IS FAVORITE HERB OF FRENCH COOKS

THE FRENCH EPICURE, Brillat-Savarin, said, "The discovery of a new dish does more for the happiness of man than the discovery of a star." Cooks who discover tarragon, or *estragon* to give it its French name, are on their way to discovering the happiness of many new dishes. Some of France's most famous dishes are redolent of tarragon, especially such sauces as *Béarnaise*, *Ravigote* or *Sauce Gribiche*.

The personal history of tarragon is sketchy, although the first written record of the herb was made by an Arabian doctor seven centuries ago, but he was interested only in its medical properties. Tarragon may have been transported to Europe by the Crusaders, for the nine Crusades acquainted European soldiers with numerous other Near-Eastern and Eastern foods. When it reached western Europe, the French seem to have taken it for their own.

We know the name "tarragon" is of Arabic origin, and means "little dragon." That's because the shape of its roots suggested a dragon. The plant is actually a native of Siberia, Tartary and Chinese Mongolia.

In Canada we are most familiar with tarragon as a flavouring for fine salad vinegars or gourmet salad dressings but actually its uses are myriad. It's a delightful seasoning for chicken, turkey, veal and seafood, just to start a list. It teams beautifully with dehydrated onion, garlic or chives and pepper, black or white. Among herbs, its best friends are parsley, chervil and bay leaf.

Tarragon Sauce (For Fish)

- 1 cup mayonnaise
- 1½ teaspoons tarragon
- 1 pimento minced
- 1 green pepper minced
- 1 teaspoon of chives
- 1½ tablespoons ketchup

Combine all ingredients thoroughly. Delicious with fish.

Any chicken dish flavoured with tarragon tastes like a company dish, and this delicious Tarragon Chicken is no exception. The extra sauce is especially nice served over rice.

White Sauce

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup milk

Melt butter in a small saucepan over low heat. Blend in the flour, salt and pepper. Slowly stir in the milk, blending well. Cook 3 minutes, stirring constantly, until sauce is thickened and smooth.

YIELD: 1 cup.

Tarragon Salad Dressing

Tarragon Salad Dressing is world famous for flavour and can be used in making a wide variety of delicious salads.

- ¼ cup dairy sour cream
- ¼ cup mayonnaise
- ¾ teaspoon tarragon leaves, crumbled
- ⅛ teaspoon instant onion powder
- ⅛ teaspoon salt
- 1/16 teaspoon ground black pepper
- 1 teaspoon lemon juice

Blend all ingredients; mix well. Chill one hour before serving. Serve with one of the following combinations:

1. Sliced bananas and pineapple chunks
2. Apples, celery and chopped walnuts
3. Chicken or tuna chunks, celery and seedless grapes
4. Shredded cabbage and crushed pineapple
5. Grated carrots, seedless raisins and chopped nuts

YIELD: ½ cup dressing.

Roast Tarragon a la Francaise

Nothing simpler than roasting a chicken well brushed with tarragon butter. Equally good cold, served with a salad.

- 5 pound ready-to-cook roasting chicken
- 2 tablespoons lemon juice
- 2½ teaspoons salt
- ½ cup butter or margarine, softened
- 1½ teaspoons tarragon leaves, crumbled

Brush chicken inside and out with lemon juice mixed with salt. Mix butter with tarragon and generously rub into skin of chicken saving some to place into cavity. Place chicken breast side up on rack in roasting pan; roast in moderate oven (375° F.) for one hour and 20 minutes or until done. Baste occasionally with pan drippings. Serve with pan roasted potatoes, if desired.

YIELD: 4 to 6 portions.

Barbecue Fish

- 1 pound fillets of sole, cod or haddock
- 2 tablespoons minced onion
- 1 cup tomato juice
- 2 tablespoons vinegar
- 2 tablespoons corn syrup
- ½ teaspoon salt
- ¼ teaspoon tarragon
- ½ teaspoon parsley
- ¼ cup bread crumbs

Combine onion, tomato juice, vinegar, corn syrup, salt and tarragon. Simmer for 20 minutes. Arrange fish fillets, one layer deep in an oiled baking dish. Sprinkle with parsley. Cover with the hot barbecue sauce. Top with bread crumbs. Bake in a very hot oven 500° F. for 10 minutes.

YIELD: 3 - 4 servings.

Sharp Cheese Sauce

Good on cauliflower, asparagus and green beans.

- 1 cup hot White Sauce, above
- 1 teaspoon dry mustard
- 1 cup grated sharp cheddar cheese
- 1 teaspoon tarragon leaves

Blend a little hot sauce with the mustard. Add the mustard mixture and cheese to the remaining hot sauce; stir over low heat until cheese melts. Add and stir in the tarragon.

YIELD: 1½ cups.

Meat Loaf

- 1 pound minced beef
- ½ pound minced veal
- 1 cup finely chopped celery
- ½ cup finely chopped onion
- 3 tablespoons minced green pepper
- 1 cup uncooked quick oatmeal
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 2 teaspoons tarragon leaves
- 1 egg, beaten
- 1 cup canned condensed tomato soup
- 1 tablespoon dry mustard
- 1 teaspoon vinegar
- 1 teaspoon water

Set oven for moderate, 350° F. Grease a loaf pan, about 9 x 5 x 3-inches. Into a large bowl, put beef and next 10 ingredients; toss with two forks until ingredients are blended. Turn mixture into the pan and press into the corners. Make a paste of the mustard, vinegar and water. Spread it evenly over the meat. Bake 1 hour or until loaf is brown. Remove loaf from oven and allow to stand 10 minutes in the pan. Place serving platter on top of pan and invert both pan and platter; remove pan. To serve, cut meat in crosswise slices.

YIELD: 6 to 8 servings.

Tarragon Chicken in Casserole

- 3 to 3½ pound broiler-fryer chicken, cut into 8 pieces
- 1¼ teaspoons salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive or salad oil
- 1 can (28 oz.) whole tomatoes
- ½ pound (2½ cups) sliced mushrooms
- ¼ pound (½ cup) diced cooked ham
- ½ cup white wine
- ¼ cup sweet pepper flakes
- 2 teaspoons instant minced onion
- 1¼ teaspoons tarragon leaves, crumbled

Sprinkle chicken with salt and black pepper. Heat oil in a heavy skillet or electric frying pan; add chicken and brown well on all sides, about 10 to 15 minutes. Pour off excess oil remaining in casserole. Drain tomatoes, reserving ¼ cup of the liquid. Mash tomatoes. Add tomatoes, reserved liquid, mushrooms, ham, wine, pepper flakes, minced onion and tarragon. Bring to boiling point, reduce heat; cover and simmer 30 minutes or until chicken is tender. Serve with sauce spooned over the chicken. Flavour improves on second day.

YIELD: 4 to 6 portions.

Parsley (Dried) (*Petro selinum* *Sativum Hoffm.*)

IF, TO YOU, a fish is a fish is a fish when you meet him in the fish market, take heart. There are some 160 varieties of fish on sale at one season or another, but most of us can identify not more than a half dozen of them.

Since cooking methods may vary, do however know whether you are buying a "fat" or a "lean" fish; the fat content can vary from one to 20 percent by weight. Fat fish—such as a salmon or shad—are best for baking, broiling and planking. Lean fish—halibut, cod and haddock, for instance—have firm flesh and are preferred for poaching and steaming.

All fish—big, little; fat, lean; whole or cut up in the usual ways—taste best when knowingly seasoned. One of the most universal seasonings for fish is parsley. Its flavour has been a mainstay of butters, sauces and stuffings for seafood for many centuries. Now its esteemed aroma reaches us in dehydrated form. Parsley flakes, a triumph in convenience, came on the scene shortly after World War II.

Since parsley flakes have a mild, though intriguing flavour, they needn't even be measured as precisely as other herbs and spices. Actually a tablespoon of dehydrated parsley flakes is equivalent to a half cup of chopped fresh parsley. Only rarely is it necessary to soak parsley flakes in water or a comparable fluid before use. Most sauces, soups, stews, etc., have enough moisture to rehydrate the flakes. Whenever parsley flakes are used in a thick mixture, to be eaten soon, such as an egg salad sandwich filling, it may be desirable to mix the flakes with an equal measure of water or milk and let them stand 5 minutes before blending with the other ingredients.

Parsley flakes are usually sold in larger containers than most herbs and spices because they can be used freely in such a great variety of dishes.

Shrimp Creole

- $\frac{1}{4}$ cup olive or salad oil
- 3 tablespoons flour
- 1 can (1 lb. 12 oz.) tomatoes
- $\frac{1}{4}$ cup onion flakes
- $\frac{1}{4}$ cup sweet pepper flakes
- $\frac{1}{4}$ cup celery flakes
- 1 tablespoon parsley flakes
- 1 bay leaf
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon thyme leaves
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{8}$ teaspoon cayenne
- 1 lb. large shrimp, cooked, peeled and deveined

Cooked rice

In large saucepan heat oil; stir in flour. Cook, stirring, until lightly browned. Add tomatoes and $\frac{1}{2}$ cup water. Bring to boil. Add onion, sweet pepper, celery and parsley flakes. Cover; simmer over low heat 10 minutes. Add remaining ingredients except shrimp and rice; continue to cook 10 minutes longer. Just before serving add shrimp. Cook about 5 minutes or until shrimp are heated. Serve over cooked rice.

YIELD: 6 servings.

Creole Fish Sauce

- 1 can (1 lb.) tomatoes
- 3 tablespoons onion flakes
- 2 tablespoons sweet pepper flakes
- $\frac{1}{4}$ teaspoon celery salt
- 1 bay leaf
- 2 tablespoons butter or margarine
- 2 tablespoons parsley flakes
- $2\frac{1}{2}$ to 3 lbs. swordfish or salmon steaks, whitefish or halibut, cleaned, washed and wiped
- 2 teaspoons lemon juice
- $\frac{1}{8}$ teaspoon ground black pepper

In a saucepan combine the first 5 ingredients. Cook over low heat, stirring often, for 5 minutes or until slightly thickened. Add 1 tablespoon butter or margarine and parsley flakes. Cook another 2 or 3 minutes. Set aside. In shallow buttered baking dish, arrange fish. Brush with lemon juice and sprinkle with ground black pepper. Cover fish with the sauce. Dot the top with remaining butter or margarine. Bake in a preheated hot (400° F.) oven for 35 minutes. Fish should flake when tested with fork. Serve hot.

YIELD: 2 cups sauce.

Baked Fish Parsley Dressing

- 2 lb. Boston mackerel, flounder shad or sea bass, scaled, cleaned and backbone removed
- 1 tablespoon fresh lemon juice
- 1 teaspoon instant minced onion
- 1 teaspoon water
- 2 cups $\frac{1}{4}$ -inch white bread cubes
- $\frac{1}{2}$ teaspoon celery salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{8}$ teaspoon thyme leaves
- 3 tablespoons parsley flakes
- 3 tablespoons butter or margarine
- 1 can (10 $\frac{1}{2}$ oz.) cream of celery soup

Wash fish in cold water and wipe dry. Brush inside and out with lemon juice. In a bowl soften instant minced onion in water for 5 minutes. Add bread cubes, celery salt, ground black pepper, thyme leaves, 2 tablespoons parsley flakes and 2 tablespoons butter or margarine, melted. Mix well. Place fish in a buttered shallow baking dish. Spoon in and fill with the bread mixture and fasten together near edges with 4 skewers or food picks. Dot fish with remaining butter or margarine. Sprinkle with remaining parsley flakes. Spoon soup over fish. Bake in a preheated moderate oven (350° F.) about 40 minutes. Fish should flake when tested with fork.

YIELD: 4 servings.

Vischkoekjes

(Fish Cakes)

- 1 package (1 lb.) frozen fish fillets, defrosted
- 6 slices white bread
- $\frac{1}{2}$ cup milk
- 2 eggs, lightly beaten
- 2 tablespoons butter or margarine, melted
- 2 tablespoons parsley flakes
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground nutmeg
- Dry bread crumbs
- Oil for frying

Arrange fish in a single layer in a large skillet. Cover with boiling water or court bouillon. Bring to boiling; reduce heat and simmer, covered, 5 minutes or until fish flakes. Remove from liquid. Flake fish with a fork. Trim crusts from bread; pour milk over bread to soften. Add fish, eggs, butter, parsley, salt, black pepper and nutmeg; mix well. Shape into 12 patties, using about $\frac{1}{4}$ cup mixture for each fish cake. Coat generously with dry bread crumbs. Fry fish cakes in hot oil $\frac{1}{4}$ -inch deep, about 2 to 3 minutes on each side or until golden brown. Drain and serve.

YIELD: 6 portions.

Parsley Butter for Fish

- $\frac{1}{4}$ cup butter
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon parsley flakes

In small saucepan melt butter over low heat. Add ground black pepper, salt, lemon juice and parsley flakes. Mix well and keep warm for at least 10 minutes before serving. Serve over broiled or baked fish such as fillet of sole, cod steaks, haddock or pike.

YIELD: 4 servings.



FALL SUCCESS WITH HERBED VEGETABLES

Parsley, tarragon, rosemary, mint, thyme, garlic, dill and chives are dried herbs that can all add exciting flavour to our wonderful fall vegetables — squash, cucumbers, tomatoes, green peppers, onions, cabbage, cauliflower and spinach.

A hint of garlic in vegetables gives appetizing aroma, but use it discreetly. Remember, too, that garlic powder is more potent than garlic salt since the latter is a mixture of pure garlic and table salt. In some areas instant minced garlic is also available. 1/16 teaspoon of garlic powder for a 6-portion dish is quite adequate. About twice as much garlic salt may be used but be careful. There is also an excellent garlic and parsley salt on the market. In a similar flavour category are freeze-dried chives — used much the same as fresh chives — and instant large chopped onion — 1 tablespoon is equal to $\frac{1}{4}$ cup large chopped fresh onion.

So flavour and savour our bounteous fall vegetables with the added touch of herbs and spices.

Major Sources of the World's Spices

CANADA
Mustard

UNITED STATES
Paprika
Herbs
Capsicums
Mustard
Sesame

MEXICO
Chili Peppers
Allspice
Anise
Oregano

GUATEMALA
Cardamom
Allspice
Sesame

SALVADOR
Sesame

HONDURAS
Allspice

NICARAGUA
Sesame

PERU
Marjoram
Turmeric

CHILE
Marjoram
Paprika
Mustard
Capsicums

CUBA
Ginger

JAMAICA
Ginger
Allspice
Turmeric

HAITI
Turmeric
Chili Peppers

LEEWARD ISLES
Allspice

GRENADA
TRINIDAD
Nutmegs
Mace

BRAZIL
Sesame
Black Pepper
White Pepper

ARGENTINA
Fenugreek
Poppy
Fennel
Coriander

FRANCE
Celery
Oregano
Fenugreek
Marjoram
Rosemary
Savory
Thyme
Basil
Tarragon
Chervil
Fennel

SPAIN
Paprika
Anise
Saffron
Rosemary
Savory
Thyme

PORTUGAL
Rosemary
Bay Leaves
Paprika
Thyme

MOROCCO
Cumin
Coriander
Fenugreek
Paprika

SIERRA LEONE
Chili Peppers
Ginger

UNITED KINGDOM
Mustard

NETHERLANDS
Caraway
Poppy
Mustard
Tarragon

DENMARK
Mustard
Poppy
Caraway

WEST GERMANY
Mustard

POLAND
Poppy

YUGOSLAVIA
Paprika
Coriander
Sage
Bay Leaves
Fennel
Rosemary
Savory
Poppy

CZECHOSLOVAKIA
Sage
Paprika
Coriander
Poppy

HUNGARY
Paprika

ROUMANIA
Fennel Seed
Coriander
Paprika
Poppy

BULGARIA
Coriander
Paprika
Anise
Poppy

TURKEY
Chili Peppers
Cumin
Bay Leaves

CHINA
Cinnamon

INDIA
Celery
Cardamom
Ginger
Black Pepper
Fennel
Fenugreek
Turmeric
Dill Seed

JAPAN
Chili Peppers

TAIWAN
Turmeric

VIET-NAM
Cinnamon

MALAYSIA
Black Pepper
Nutmeg
White Pepper

CEYLON
Cardamom
Cinnamon
Black Pepper

INDONESIA
Nutmegs
Mace
Black Pepper
Cinnamon
White Pepper

SYRIA/LEBANON
Anise
Sesame
Cumin
Fenugreek
Sage
Sesame

KENYA/UGANDA
Chili Peppers
Sesame

ZANZIBAR
Cloves

EGYPT
Sesame

ALBANIA
Sage

ITALY
Mustard
Oregano
Sage

ETHIOPIA
Sesame
Chili Peppers
Mustard

NIGERIA
Chili Peppers
Ginger

SUDAN
Sesame
Chili Peppers

MADAGASCAR
Cloves
Black Pepper



Cloves (*Eugenia caryophyllata* Thunb.)

THE SWEET, PUNGENT spiciness of cloves is no longer a prize of war, as in times past, but a practical seasoning tool available to any institutional chef.

Whole cloves are standard for studding ham and pork roasts, and for onions that go into a meat stew or pot roast liquid. Pickling of fruits and spicing of sweet syrups also calls for whole cloves.

Ground cloves have long been used to enhance the taste of such baked goods as breads, buns, fruit cakes and sugar cookies, and such desserts as preserved or stewed fruit fillings and chocolate mixtures. Ground cloves also add zest to beets, winter squash and sweet potatoes.

Besides these standard uses, cloves also give an interesting flavour to bean, beef, cream of pea and cream of tomato soups, to baked fish, and to apple, mince or pumpkin pies.

Gingerbread Pie

- 1 1/4 cups flour, sifted
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1 egg
- 1/2 cup molasses
- 1/2 cup hot water
- 2 egg whites
- Few grains of salt
- 2 tablespoons sugar
- 1/8 teaspoon cloves
- 1/4 teaspoon cinnamon

Preheat oven to 350° F. Grease a 9 inch pie pan. Sift together flour, baking powder, baking soda, 1/2 teaspoon cinnamon, ginger and salt. Cream shortening with 1/4 cup sugar, add egg and beat until light and fluffy. Beat in molasses. Blend in alternately the combined dry ingredients and hot water, beginning and ending with hot water. Pour into greased pie plate. Bake in preheated oven for about 30 minutes. Meanwhile, beat egg whites with a pinch of salt until stiff but not dry. Beat in sugar gradually; continue beating until well blended. Beat in cloves and the 1/4 teaspoon cinnamon, fold in vanilla. Spread evenly on top of hot 'Pie' and bake 15 minutes longer. Serves 6-8.

Clove Almond Cake

- 1 cup sifted all purpose flour
- 1 cup butter or margarine
- 1 1/2 cups finely ground unblanched almonds
- 2 egg yolks
- 1/2 cup sugar
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 3/4 cup raspberry jam
- 1 tablespoon egg white
- 3 tablespoons confectioner's sugar

Combine flour, butter and almonds in a large bowl; mix well. Add egg yolks, sugar, cloves and cinnamon, mixing ingredients to form a smooth dough. Press 3/4 of the dough into a greased loose-bottomed 9 inch layer cake pan. Spread jam over the dough. Refrigerate remaining dough until firm. Roll ball of dough into a circle 1/4 inch thick. Cut with pastry wheel into strips 1/2 inch wide. Arrange criss-cross over jam-covered dough. Brush dough with egg whites and bake in a preheated slow oven (325° F.) for 1 1/4 hours or until lightly browned. Before serving dust with confectioner's sugar.

YIELD: one 9-inch cake.

NOW THERE'S A READY-TO-USE BLEND FOR BARBECUED DISHES

"AL FRESCO" is the world's best seasoner, for this Italian word means "in the fresh air" or the great out-of-doors. It's a dandy arouser of appetites, but, every excursion to the barbecue area — or the nearest beach or brookside — had better be closely followed by the commissary with a basket packed with the makings of an outdoor meal.

No matter what's on the menu, the meat, fish or fowl is sure to be the favourite item. The favourite seasoner of the smart outdoor chef is a blend called barbecue seasoning which mingles, in one container, all the delicious aromas of a half dozen or more spices, herbs and flavour vegetables.

This blend was developed by spice manufacturers as a basic enhancer of marinades and mop sauces. It adds teasing redolence to steaks, chops, meats and fish if sprinkled lightly over the surface of the food during the last few minutes of broiling.

Barbecue Seasoning

While formulas may vary according to manufacturer and brand, the essential spices in barbecue spice are chili peppers, cumin, garlic, cloves, paprika, salt and sugar. It's easy to step up the pungency by adding a bit more chili peppers or cayenne or a speck more garlic powder, according to personal taste.

Crispy Baked Breaded Chicken

Whether hot from the grill or cold in a picnic basket, barbecue spice gives delicious aroma to breaded chicken.

- 2 tablespoons lemon juice*
- ½ teaspoon salt*
- 3 pound broiler-fryer chicken, cut into 8 pieces*
- 1/3 cup flour*
- 2 eggs, beaten*
- ¾ cup fine, dry bread crumbs*
- 1 tablespoon barbecue spice*

Sprinkle lemon juice and salt over chicken. Let stand in refrigerator at least 1 hour. Dredge chicken in flour; shake off excess. Dip chicken in egg, then roll in bread crumbs mixed with barbecue spice. Place on greased baking pan. Bake in a preheated moderate oven (350° F.) 1 hour or until done. Serve hot or cold. If desired, sprinkle with additional barbecue when serving.

YIELD: 4 portions.

Quick Trick Meat Sauce

(For spareribs, chicken or lamb chops)

Combine 1 can (8 oz.) tomato sauce, 6 tablespoons vinegar, ¼ cup sugar, 1½ teaspoons cornstarch and ½ teaspoon barbecue spice in a small saucepan. Heat to boiling point, stirring constantly. Cook until slightly thickened. Use as a sauce over spareribs, chicken or lamb chops.

YIELD: approximately 1½ cups.

Stove Top Zucchini Casserole

Zucchini and tomatoes combine deliciously in a sauce seasoned with barbecue spice and minced onion. Good with any meat, poultry or seafood.

- 2 zucchini cut into 1-inch slices*
- 1 can (1 lb.) stewed tomatoes*
- ½ teaspoon barbecue spice*
- 1 tablespoon instant minced onion*
- ½ cup tiny toasted croutons*
- 2 tablespoons butter or margarine, melted*

Combine zucchini, tomatoes, barbecue spice and minced onion in small saucepan. Bring to boiling point; cover and simmer 10 to 12 minutes or until zucchini is tender. Spoon into a serving dish. Toss croutons with melted butter and scatter over zucchini mixture.

YIELD: 6 portions.

Susan's Sweet 'n Sour Marinade

(For seafood, poultry and cooked vegetables)

Blend together 6 tablespoons liquid from sweet pickles, ¼ cup salad oil, 1 teaspoon barbecue spice, ¼ teaspoon instant onion powder and ½ teaspoon salt. Use as a marinade for shrimp, chicken, cooked mixed vegetables, etc. Also good as a salad dressing.

YIELD: approximately 2/3 cup.

Confetti Stuffed Eggs

Barbecue spice adds exciting flavour to stuffed eggs, which are always popular at picnics and patio parties.

- 6 hard-cooked eggs
- 1 tablespoon dried chives
- $\frac{3}{4}$ teaspoon barbecue spice
- 2 tablespoons finely chopped pimiento
- 1 tablespoon catsup
- $1\frac{1}{2}$ teaspoons vinegar

Halve eggs lengthwise and remove the yolks. Press yolks through a fine sieve or mash with a fork. Add remaining ingredients; mix well. Fill the egg cavities with the mixture, using either a spoon or pastry tube. Chill. Serve as a main dish or as an hors d'oeuvre.

YIELD: 12 stuffed egg halves.



Fruited Basting Sauce

(For roast pork or lamb)

Drain, pit and puree 1 can (1 lb. 1 oz.) purple plums reserving $\frac{1}{4}$ cup of the syrup. Combine puree and syrup with 2 tablespoons brown sugar, 2 tablespoons lemon juice and 1 teaspoon barbecue spice. Mix well. Pour sauce over meat and let stand several hours in refrigerator, spooning over meat frequently. Roast meat in preheated slow oven (325° F.) until desired degree of doneness is reached, basting frequently with sauce. Heat remaining sauce until hot and serve with meat.

Seasoned Butter For Steak

One of the easiest of sauces for steaks and hamburgers is melted butter perked up with barbecue spice.

- $\frac{1}{4}$ cup butter or margarine, melted
- 2 teaspoons instant minced onion
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon barbecue spice

Combine all ingredients; mix well. Spoon over broiled steak just before serving. If desired, add salt to taste.

YIELD: $\frac{1}{4}$ cup sauce.

One surprise is that it's possible to get such a big flavour thrill with such a simple combination of ingredients. Much credit goes to barbecue spice!

Quick Mini Meat Loaves

This meat loaf couldn't be easier, for most of the seasoning is included in expertly blended barbecue spice.

- $1\frac{1}{2}$ pounds ground chuck
- 1 can (8 oz.) tomato sauce
- 1 egg, slightly beaten
- $\frac{1}{3}$ cup soft bread crumbs
- 1 tablespoon instant minced onion
- 2 teaspoons barbecue spice
- $\frac{1}{2}$ teaspoon salt

Combine all ingredients. Mix well, but do not overmix. Shape into 6 individual loaves. Place on a baking pan. Bake in a preheated moderate oven (350° F.) 40 minutes or until done. Serve hot or cold in sandwiches.

YIELD: 6 portions.

Hamburger Surprise

- $1\frac{1}{2}$ pounds ground lean beef
- 1 can (2 oz.) mushroom stems and pieces, drained
- 2 teaspoons barbecue spice
- 2 slices American cheese
- 6 slices dill pickle

Lightly combine meat, mushrooms and barbecue spice; do not overmix. Shape into 12 thin patties. Cut cheese into six spears. Place a piece of cheese and a pickle slice on half of the patties; top with remaining patties. Press edges together. Broil 4-inches from heat source three minutes on each side. Serve on toasted buns, if needed.

YIELD: 6 patties.



Barbecued Onions

- 3 large onions
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon M.S.G.
- $\frac{1}{4}$ teaspoon celery salt
- 1 teaspoon barbecue spice

Peel and cut onions into $\frac{1}{2}$ inch slices; do not break apart. Grill six inches from coals 10 minutes on each side or until tender and brown; brush often with a mixture of the remaining ingredients.

YIELD: 6-8 servings.

Mustard *(Sinapis alba L.)*

THE SMALL SEEDS of an annual plant of the mustard family. Two varieties are commonly used and each of these is known by two names — black or brown, and white or yellow.

Mustard originally came from Europe and southwestern Asia. Today, we grow large quantities of Mustard in this country.

Black or brown Mustard is a small, round seed, ranging in size up to 1/16 of an inch in diameter. Its colour is dark brown.

White or yellow Mustard is a small, round seed ranging in size up to 1/16 of an inch in diameter. Its colour is yellow.

The flavour of Mustard is sharp, hot and pungent.

Mustard is available in three forms:

1. Seeds—used whole for pickles, with boiled beets, and as a garnish for salads. Also excellent when boiled with cabbage and kraut.

2. Prepared Mustard—a mixture of ground Mustard with salt, vinegar, spices and other condiments. This is one of Canada's best-loved flavourings. It has the widest application from cold meats to hot garlic, sandwiches and particularly the frankfurter.

3. Powdered Dry Mustard—also known as "Ground Mustard" or "Mustard Flour." It has wide application in the preparation of meats, fish sauces. It constitutes the famous "mustard plaster," used for centuries to relieve respiratory illnesses.

Mustard has been known to men since pre-historic times. The name "Mustard" is a corruption of "must-seeds," since the seeds were processed in Roman-occupied Britain by saturating them in a solution of grape juice or "must," as it was sometimes called.

Mustard Tonga Spareribs

Mustard is a preferred spice in many parts of the world. In the Orient they add it to a wide variety of dishes, including these pineapple-glazed spareribs.

- 3 pounds pork spareribs
- Salt
- Pepper
- ¾ teaspoon powdered mustard
- 1 can (19 oz.) pineapple chunks
- 1 tablespoon cornstarch
- 4 tablespoons orange marmalade
- 2 tablespoons brown sugar
- ½ teaspoon salt

Sprinkle spareribs with salt and pepper. Place on rack in shallow baking pan. Bake in moderate oven (375° F.) for 1½ hours. Drain off fat. In the meantime, mix powdered mustard with ¾ teaspoon cold water; let stand 10 minutes for flavour to develop. Drain pineapple chunks, reserving 1 cup syrup. Combine syrup and mustard with remaining ingredients except pineapple chunks. Bring to boiling point; reduce heat and simmer 5 minutes. Spoon sauce over drained baked spareribs. Continue baking 30 to 40 minutes longer, turning and basting occasionally with glaze. Five minutes before cooking time is up, add pineapple chunks to pan and coat with glaze.

YIELD: 4 portions.

Cooked Sour Cream Salad Dressing

Long-time favoured cooked salad dressing like this gets much of its fine flavour from mustard. Delightful served over vegetables, fish or meat salads.

- ½ teaspoon powdered mustard
- 1 tablespoon flour
- 1½ teaspoons sugar
- ¼ teaspoon salt
- 1/16 teaspoon ground white pepper
- 1/16 teaspoon instant garlic powder
- 1 egg yolk
- 2 tablespoons cider vinegar
- 1 tablespoon butter or margarine
- ½ cup sour cream

Combine mustard with ½ teaspoon cold water. Let stand 10 minutes. In top part of double boiler mix mustard, flour, sugar, salt, white pepper and instant garlic powder with ¼ cup cold water. Beat in egg yolk and vinegar. Cook over hot water (not boiling) until thick and smooth, stirring constantly. Remove from heat and add butter. Stir in sour cream and chill.

YIELD: 1 cup.

Exotic Indian Chicken

- $\frac{1}{2}$ teaspoon powdered mustard
- 1 teaspoon water
- 2 teaspoons ground coriander
- $\frac{1}{2}$ teaspoon crushed cayenne
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon ground Cardamom seed
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cumin seed
- $\frac{1}{4}$ teaspoon instant garlic powder
- 1 tablespoon salt
- $\frac{1}{3}$ cup cider vinegar
- 2 tablespoons fresh lemon juice
- 1 pint yogurt
- 2 (3 lb. each) broiler-fryer chicken cut in serving pieces
- $\frac{1}{3}$ cup salad or olive oil

In a small bowl combine powdered mustard and water; let stand 10 minutes for flavour to develop. Add next 10 ingredients and mix well. Blend in yogurt. Place chicken in a large bowl; pour seasoned yogurt mixture over chicken, turning pieces to coat evenly. Cover and refrigerate 12 hours or overnight. Heat oil in a large skillet; add chicken pieces and cook until lightly browned on sides; add more oil if necessary. Place chicken in a shallow baking dish or casserole. Top with remaining yogurt mixture. Bake, uncovered, in a preheated low oven (325° F.) about 1- $\frac{1}{2}$ hours or until chicken is tender. Baste frequently and if necessary brush with additional oil. Serve hot with rice.

YIELD: 6 to 8 servings.



COUNTRY STYLE BEANS

All well-seasoned baked beans demand a bit of powdered mustard for appetite appeal.

Country Style Beans

- 1 quart (2 lbs.) navy or pea beans
- 1 tablespoon powdered mustard
- 1 tablespoon water
- $\frac{3}{4}$ cup maple syrup
- $\frac{1}{2}$ cup onion flakes
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground cloves
- Boiling water
- $\frac{1}{2}$ lb. salt pork

Cover beans with cold water; let stand overnight. Drain. Place beans in large pot; cover with fresh cold water. Cover, bring to a boil, reduce heat and simmer 45 minutes or until skins break. Drain beans and reserve 3 cups of the bean liquid or, if necessary, add additional water to make 3 cups liquid. Combine powdered mustard with water; let stand 10 minutes for flavour to develop. Combine mustard with bean liquid and next 5 ingredients; mix well.

Place alternate layers of beans and seasoned bean liquid in a 3-quart bean pot or two 9 x 5 x 3-inch loaf pans. Pour boiling water over salt pork; let stand 5 minutes. Drain and cut pork in $\frac{1}{2}$ -inch pieces. Bury the pieces in the beans. Cover with lid or aluminum foil and bake in a preheated slow oven (325° F.) 2 $\frac{1}{2}$ hours.

If necessary, add additional boiling water to keep the beans moist. Remove cover and bake another 30 minutes.

YIELD: 12 to 16 servings.

Mustard Baked Eggs

Mustard is one of the most flattering things that ever happened to a good egg, as evidenced by these Mustard Baked Eggs.

- 1 teaspoon powdered mustard
- $\frac{1}{4}$ pound (1 cup) grated sharp Cheddar cheese
- 4 eggs
- 6 tablespoons light cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon cayenne
- 2 tablespoons butter or margarine

Combine mustard with 1 teaspoon cold water; let stand 10 minutes for flavour to develop. Sprinkle grated cheese into buttered 9-inch pie plate. Break eggs over cheese, being careful not to break the yolks. Combine mustard, cream, salt and cayenne; pour over eggs. Dot with butter. Bake in preheated moderate oven (350° F.) 15 to 20 minutes or until eggs are set and cheese melted. Serve immediately, sprinkled with paprika or dried chives, if desired.

YIELD: 4 portions.

Pepper (*Piper nigrum* L.)

WITH CHEF'S HAT AND PEPPERMILL DAD'S KING OF THE OUTDOOR GRILL

IT MIGHT SEEM that father at the barbecue grill is a mid-century social phenomenon, his chef's cap acquired at the same time as the mortgage on the split-level or ranch-house. As a matter of fact, in the old days men did the important cooking, with women in step-and-fetch-it roles. Homer's heros would have felt right at home in modern suburbia. Ulysses was a prize fire-maker and knew just when the coals were ready for broiling. Achilles manned the spit. Patroclus saw to it that everyone had something to drink.

One cook of two thousand years ago gave this advice, "Often taste your dishes while you are boiling them. Do they want salt? Add some. Is any other seasoning needed? Add it and taste again, till you've arrived at harmony of flavour; like a man who tunes a lyre until it rightly sounds."

Most men season to taste, adding black pepper, for instance, "until it rightly tastes." They are venturesome enough to use more pepper than do most women. The gadget-minded man loves peppermills and the pleasing bouquet of the coarsely ground pepper which crackles out of a mill. To please him, spice companies are all packing coarse ground black pepper in addition to regular table grind and whole black pepper berries. (Incidentally, it's hard to get coarse ground pepper through the small holes of an old-fashioned pepper shaker. The smart thing to do is to put coarse ground pepper in a salt shaker which has larger holes in the top.)



OLD-FASHIONED PEPPER POUND CAKE

We may associate pepper with main course dishes, but it's equally intriguing as a spice for cakes and certain desserts.

Black Pepper Pot Roast

Cook this smartly peppered pot roast indoors; serve it out on the patio.

- 4½ to 5 pound bottom round of beef
- 1 (6 oz.) can tomato paste
- 1 small bay leaf
- 1½ teaspoons salt
- 1 teaspoon instant minced onion
- 1½ teaspoons whole black pepper
- 8 small new potatoes, peeled
- 6 medium carrots, halved

In a large Dutch oven brown meat on all sides, fat side first. Reduce heat. Combine 1½ cups hot water, tomato paste, bay leaf, salt and minced onion. Pour over meat. Add whole black pepper tied in cheese cloth bag. Cover and simmer 3 hours, or until meat is almost tender, turning meat frequently. Add potatoes and carrots and continue cooking 30 minutes longer or until meat is tender. Add more ground black pepper if desired.

The lustily peppered marinade in this recipe gives rich flavour to shrimp, fish chunks and mushrooms.

Peppery Marinated Sea Food Kebabs

- 2/3 cup olive or salad oil
- 1/3 cup lemon juice
- 1 1/2 teaspoons instant minced onion
- 1 teaspoon salt
- 1 teaspoon coarse ground black pepper
- 1/4 teaspoon instant garlic powder
- 1 package (12 oz.) frozen, peeled and deveined shrimp, defrosted
- 1 package (12 oz.) frozen fish steaks, defrosted and cut into 1 inch squares
- 1/2 pound fresh mushrooms, sliced into halves

Combine oil, lemon juice, minced onion, salt, black pepper and garlic powder; mix well. Pour over shrimp, fish and mushrooms. Toss gently. Cover and refrigerate 12 hours, turning occasionally. Arrange shrimp, fish and mushrooms on skewers. Place under broiler for 10 minutes, basting occasionally and turning once, or, broil over hot coals basting and turning until done.

YIELD: 4 portions.

First thoughts on seasoning, of course, are pepper and salt. For a fresh "fruity" pepper, there is Whole Black Pepper both black and white for use in a pepper mill. Black and white pepper are also available, ground, in shaker top cans. Black pepper is slightly sharper than white. For each 2 pounds of meat, use from a few grains to about 1/8 teaspoon. Celery Pepper adds a delicate celery flavour to foods. Use about twice as much celery pepper as you would pure pepper.

Spiced Sauteed Mushrooms

Mushrooms are an ideal accompaniment to barbecued meats, especially when liberally peppered and enhanced with lemon juice and anchovy fillets.

- 1 pound fresh mushrooms, sliced or 2 cans (10 oz. each) sliced mushrooms
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter or margarine
- 1/4 teaspoon instant garlic powder
- 2 tablespoons parsley flakes
- 5 teaspoons lemon juice
- 4 anchovy fillets, finely minced, optional

If using fresh mushrooms, add to hot oil in large skillet. If using canned mushrooms, drain well and dry on paper toweling before adding to hot oil. Sprinkle with salt and pepper. Sauté 4 to 5 minutes, stirring frequently. Add remaining ingredients. Heat thoroughly and serve hot as accompaniment to veal, broiled fish and seafood or cheese main dishes.

YIELD: 6 portions.

Green Rice

- 3/4 cup green onions, thinly sliced
- 3 tablespoons salad oil
- 1 cup rice, uncooked
- 1/2 cup green peppers, minced
- 1 tablespoon parsley
- 2 cups chicken stock
- 1 teaspoon salt
- 1/4 teaspoon pepper

Cook green onions in salad oil until soft but not browned. Add remaining ingredients. Pour into a 2 quart baking dish with cover. Bake at 350° F. for 30 minutes, or until rice is tender. Toss lightly with a fork before serving.

YIELD: 4 servings.

Old-Fashioned Pepper Pound Cake

- 8 eggs, separated
- 2 1/4 cups sifted all-purpose flour
- 1/4 teaspoon baking soda
- 2 1/4 cups sugar
- 1 1/2 cups butter or margarine, softened
- 2 tablespoons lemon juice
- 2 teaspoons vanilla extract
- 1 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1 1/2 teaspoons cream of tartar
- Confectioners' sugar

Sift together flour, soda and 1-1/4 cups sugar. In large bowl blend butter with flour mixture slightly, using low speed of electric mixer. Add lemon juice and vanilla. Beat in egg yolks one at a time, using low speed. In another large bowl beat egg whites until frothy. Add pepper and salt. Gradually add 1 cup of the sugar with cream of tartar, beating well after each addition. Beat until soft peaks form. Fold egg whites into batter. Pour batter into 10-inch greased and floured tube or bundt pan. Using a spatula, cut through cake batter. Bake in a preheated slow oven (325° F.) 1 1/2 hours or until cake tester inserted in center comes out clean. Turn off heat and allow cake to remain in oven 15 minutes longer. Cool cake on wire rack 15 minutes. Unmold cake and cool thoroughly. Sprinkle with confectioners' sugar.

YIELD: 1 10-inch cake.

Basil (*Ocimum basilicum* L.)

THIS HERB'S SWEET and warm flavour and pungent undertone lend excitement to lamb chops, stews and ragouts, salad dressings, poultry and fish stuffings and soup. Basil also enhances the natural flavour of eggs and cheese and a host of vegetables, including peas, broccoli, zucchini, squash and green snap beans.

Many lasagne, pizza and spaghetti recipes will always receive their distinctive taste from basil.

Clam Spaghetti Sauce

It takes just a spoonful of basil-flavoured Genoese Sauce to give an Italian accent to this easy clam sauce for spaghetti.

- 1 package (1 lb.) spaghetti
- $\frac{1}{4}$ cup olive oil
- 1 can (10 $\frac{1}{2}$ oz.) minced clams
- 1 tablespoon Genoese Sauce

Cook spaghetti according to package directions. Five minutes before spaghetti is to be drained, heat oil in a medium-size skillet. Stir in clams and Genoese Sauce. Cook until just heated, stirring constantly. Pour over drained spaghetti.

YIELD: 4 portions.

Genoese Sauce

GENOESE SAUCE — to be used in a soup, spaghetti sauce or stuffed mushrooms.

(Pesto)

- $\frac{1}{4}$ cup basil leaves, crumbled
- 1 teaspoon lemon juice
- $\frac{1}{2}$ cup grated Parmesan cheese
- 5 tablespoons olive oil
- 2 tablespoons pine nuts, crushed
- 1 $\frac{1}{2}$ teaspoons instant garlic powder

Mix basil with 1 $\frac{1}{2}$ teaspoons water and lemon juice; let stand 5 minutes for flavour to develop. Add remaining ingredients; mix to form a paste. Store in a closed jar in the refrigerator and use as needed.

YIELD: 1 cup.

Vegetable Soup

A dab of Genoese Sauce gives aroma to hot soup. This is its most famous use.

- 1 can (10 $\frac{1}{2}$ oz.) vegetable or minestrone soup
- 1 tablespoon Genoese Sauce

Prepare soup according to label directions. Just before serving blend in Genoese Sauce. Serve hot.

Stuffed Mushrooms

Genoese Sauce keeps well in the refrigerator, ever-ready for appetizing uses such as in stuffing mushrooms.

- 1 pound (18 to 20) medium-sized mushrooms
- $\frac{1}{2}$ cup oil
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 1 egg, lightly beaten
- 1 to 2 tablespoons Genoese Sauce
- $\frac{3}{4}$ cup soft bread crumbs
- Paprika

Remove stems from mushrooms. Chop stems (makes about 1 $\frac{1}{2}$ cups); set aside. Brush caps, inside and out, with oil. Sprinkle lightly with salt. Place mushrooms in baking pan, cavity side up. Heat butter in medium-sized skillet. Add chopped stems and sauté until lightly browned. Remove from heat. Stir in egg, Genoese Sauce and bread crumbs. Fill caps with mixture. Bake in a preheated moderate oven (350° F.) 10 to 12 minutes. Garnish with paprika. Serve as a meat accompaniment or as an hors d'oeuvre.

YIELD: 18 stuffed mushrooms.

THE ADDED TOUCH

Sprinkle a little cinnamon on squash before baking it.

Try a sauce lightly flavoured with mustard, on green beans. Add a pinch of ginger to the sugar used for glazing tiny carrots.

Add a teaspoon of dried dill to cabbage when cooking it.

Mint (*Mentha piperita* L. and *Mentha spicata* L.) (Flakes or Leaves)

OF THE MANY varieties of Mint, only Peppermint and Spearmint are important as flavourings for foods. Spearmint, called that because of its steeple-shaped flower spikes, is native to the Mediterranean and used for many centuries. (It is called Our Lady's Mint in France and Erba Santa Maria in Italy.) It was known to the ancients as the very symbol of hospitality. It was crushed and rubbed on table tops; strewn, as the herbalist Gerarde writes "in chambers and places of recreation, pleasure and repose" and crushed as a perfume for the bath.

Peppermint seems to have remained unknown until the end of the 17th Century when it was discovered in England growing as a wild plant. Like Spearmint its aroma is strong and sweet with a cool after-taste.

Mint for the spice shelf is sold as Flakes or Leaves. It is a very popular flavour for candies and frozen desserts of many kinds; teams deliciously with chocolate and many fruits and is a good addition to tossed green salads.

Minted Yogurt Soup

(Greek)

- $\frac{1}{2}$ cup raw, regular cooking rice
- 1 tablespoon flour
- 2 teaspoons mint flakes, crumbled
- $1\frac{1}{2}$ teaspoons salt
- 1 egg, lightly beaten
- 2 cans (10½ oz. each) chicken broth
- 1 cup (8 oz.) plain yogurt or sour cream

Combine rice, flour, mint flakes and salt in large saucepan. Mix in egg. Add broth, yogurt and $1\frac{1}{2}$ cups water. Bring mixture to boiling point, stirring constantly. Reduce heat and simmer until rice is cooked, 25 to 30 minutes, stirring occasionally. Soup may be served hot or cold, topped with a dollop of yogurt, if desired. If soup is too thick, thin with a small amount of water. YIELD: 4 to 5 portions.

Are lamb kebabs on the menu today? Give your menu a completely Near East aroma with a minted tomato and lettuce salad.

Tomato Mint Salad

(Greek)

- 3 tablespoons olive or salad oil
- 3 tablespoons lemon juice
- 1 teaspoon mint flakes, crumbled
- 1 teaspoon paprika
- 1 teaspoon instant minced onion
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon instant minced garlic
- $\frac{1}{4}$ teaspoon ground black pepper
- 3 to 4 large tomatoes, sliced
- Lettuce leaves

Combine oil, lemon juice, mint flakes, paprika, minced onion, salt, minced garlic and black pepper in a small bowl. Blend with a rotary beater until well mixed. Refrigerate at least 30 minutes. Serve over sliced tomatoes on a lettuce-lined salad plate.

YIELD: $\frac{1}{2}$ cup dressing or sufficient for 6 portions.

Minted Lamb Kebabs

(Greek)

Add mint flakes to your favorite marinade whenever you long for something a bit different on your barbecue grill. Or prepare this easy mixture.

- 2 pounds boned lean lamb
- 1 cup dry red wine $\frac{1}{4}$ cup olive oil
- 1 tablespoon instant minced onion
- 2 teaspoons mint flakes
- $1\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon oregano leaves
- $\frac{1}{4}$ teaspoon ground black pepper
- 4 whole allspice
- 1 small eggplant 6 cherry tomatoes

Cut lamb into 1-inch cubes. Place meat in a small bowl or plastic bag. Combine remaining ingredients except eggplant and tomatoes; mix well. Pour over lamb cubes. Refrigerate 12 to 18 hours, turning occasionally. Peel eggplant and cut into 1-inch cubes. Arrange lamb on skewers alternately with eggplant. Broil 4 inches from source of heat 15 to 18 minutes or until done, turning and brushing several times with marinade. Place a cherry tomato at end of each skewer. Return to broiler for 2 minutes to heat tomato.

YIELD: 6 portions.

Mint Sauce

- $\frac{1}{4}$ cup vinegar $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup flaked dried mint leaves
- 1 tablespoon lemon juice
- 1 to 2 tblsp. sugar $\frac{1}{4}$ tsp. salt

Simmer vinegar, half the water and half the mint until reduced about half (4-5 minutes). Strain. Add remaining water, lemon juice, sugar, salt and remaining mint. Bring to a boil and chill. Makes about $2\frac{1}{3}$ cup sauce. Note: 1 tblsp. sugar makes a tart sauce with the 2 tablespoons sugar make a little sweeter one.

Chili Powder

THERE WAS ONCE a Stone Age . . . a Bronze age . . . an Age of Reason . . . an Age of Enlightenment. Now we seem to be an Age of Convenience. That mood is reflected in everything, and particularly in convenience foods.

In this age of convenience foods, have you stopped to think of how many convenient blends of spices you can buy? Right up there at the head of the list is chili powder, an aromatic blend of ground chili peppers, cumin seed, oregano, powdered garlic and salt. There is also barbecue spice, curry powder, poultry seasoning, seafood seasoning, crab boil, herb seasoning, mixed pickling spice, plus apple pie spice, pumpkin pie spice, and many others. Even if you are a beginning cook, you can hardly go wrong with this battery of subtle, all-in-one blends. Convenience blends save time, too. You don't have to open a lot of separate containers and measure out spices and herbs one by one.

We eat more chili powder than we think, for a great deal is used in commercially prepared convenience foods — sausage products, salad dressings, sauces, such as chili and barbecue sauces, pork and beans, catsup and many others.

Chili Rarebit

- 1 pound sharp Cheddar cheese
- 1/3 cup butter or margarine
- 1/4 cup warm milk
- 1 1/2 teaspoons chili powder
- 1 egg
- 1/4 teaspoon salt
- Hot toast or toasted crackers

Dice cheese and place in top part of double boiler with butter. Cook over hot water (not boiling) until cheese has melted. Stir in milk and chili powder with wire whisk. Continue stirring until smooth. Beat in egg and salt. Cook slowly 1 minute or until of medium thickness. Serve hot over toast or crackers.

YIELD: 6 servings.

Chili Go-Go Sandwich

- 2 loaves Italian bread, each about 13 inches long
- 6 tablespoons catsup
- 3 cups Refried Beans
- 1/2 cup mayonnaise
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground black pepper
- 1 small head escarole, cut in pieces
- 12 slices sharp Cheddar cheese
- 12 slices cooked ham
- 12 slices chicken or turkey
- 3 large tomatoes, cut in thick slices
- 12 slices Canadian Colby cheese
- 12 strips crisp bacon
- 12 stuffed olives
- 1/3 cup softened butter or margarine
- 1/2 teaspoon chili powder

Cut off top third of each loaf. Scoop out centers of bottom parts of bread to make a well. Spread catsup over well surface and fill with Refried Beans. Blend together next 3 ingredients; set aside for later use. On top of beans arrange in layers, escarole, Cheddar cheese, ham, 2 tablespoons chili-mayonnaise, chicken or turkey, another 2 tablespoons chili-mayonnaise, more escarole, tomatoes and Canadian Colby cheese. Garnish with bacon and olives. Blend with chili-butter and cover sandwiches. Before serving out in diagonal slices.

Chili Beans, Mexican Style

- 1/2 cup onion flakes
- 1/2 pound bulk pork sausage
- 2 cups peeled sliced tart apples
- 1 1/2 cups tomato juice
- 1 tablespoon brown sugar
- 3 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon instant garlic powder
- 2 cans (15 oz.) red kidney beans, drained
- Sour cream

Combine onion flakes and 1/2 cup water; let stand 5 minutes to soften. Mix with sausage, apples, tomato juice, brown sugar, and seasonings. Bring to boiling point. Add kidney beans and simmer uncovered 15 to 20 minutes or until most of liquid has evaporated. Serve hot topped with Sour cream.

Sauerbraten

- 3 lbs. cubed stewing beef
- $\frac{1}{4}$ teaspoon garlic powder
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 cups vinegar
- 2 cups water
- 2 tablespoons instant minced onion
- 2 whole bay leaves
- 2 tablespoons chili powder
- 1 tablespoon whole peppercorns
- $\frac{1}{4}$ cup sugar
- Fat
- Flour
- 1 cup sweet or sour cream

Sprinkle meat with garlic powder, chili powder, salt and black pepper and place in a bowl. Heat vinegar, water, onion, bay leaves, peppercorns and sugar together, but do not boil. Pour hot mixture over meat and let stand at room temperature for one hour, stirring occasionally. Drain and save vinegar mixture. Brown meat in fat, add half of strained vinegar, cover pan and simmer for one hour until tender. Add more vinegar as required to keep liquid $\frac{1}{2}$ inch deep in pan. Strain liquid and thicken with 2 tablespoons flour. Cook until thickened and add cream.

YIELD: 4 servings.

Chili Cheese Casserole

- 1 $\frac{1}{2}$ pounds ground beef
- 1 tablespoon oil
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon instant minced garlic
- $\frac{1}{2}$ teaspoon ground cumin seed
- 1 can (28 oz.) tomatoes
- $\frac{1}{2}$ teaspoon sugar
- Dash ground black pepper
- $\frac{1}{4}$ cup instant minced onion
- $\frac{1}{4}$ cup water
- 1 can (15 oz.) kidney beans
- 3 tablespoons chili powder
- 3 cups corn chips
- 1 cup grated Canadian cheese

Brown meat in oil, stirring frequently. Add salt, garlic, cumin, tomatoes, sugar and pepper. Stir and cook until mixture has thickened, about 25 minutes. Meantime, in separate small bowl, combine onion and water and let stand 10 minutes to soften. Set aside to use in assembling casserole. Add kidney beans and chili powder to thickened mixture. Place 2 cups of corn chips in 2-quart baking dish. Sprinkle rehydrated chopped onion and half of grated cheese on top. Pour chili over onion and cheese. Top with remaining corn chips and grated cheese. Bake at 350° F. for 15 to 20 minutes.

YIELD: 6 to 8 servings.

Chili Cornbread Casserole

- 1 $\frac{1}{2}$ pounds ground beef
- 2 tablespoons salad oil
- 1 can (28 oz.) tomatoes
- 1 can (20 oz.) red kidney beans
- $\frac{3}{4}$ cup chopped ripe olives
- 2 tablespoons chili powder
- 2 tablespoons instant minced onion
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 package (12 oz.) corn muffin mix

Brown meat in oil. Add remaining ingredients except corn muffin mix and mix well. Pour into greased 3-quart casserole. Bake in preheated slow oven (325° F.) 30 minutes. Prepare muffin mix according to package directions. Spoon mixture around edge of hot casserole leaving an opening in the middle. Return to oven and increase oven temperature to 425° F. Bake an additional 25 minutes.

YIELD: 6 to 8 servings.

Spanish Rice

- $\frac{1}{2}$ cup rice
- 2 tablespoons olive oil
- 1 5 oz. can (2/3 cup) tomato sauce
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon pure garlic powder or 1 teaspoon garlic salt
- 2 tablespoons chopped green bell pepper

Cook rice in boiling, salted water until light and fluffy according to directions on package. Heat olive oil in frying pan and fry rice lightly for a few minutes. Add remaining ingredients and cook until rice becomes somewhat dry. Serve as main or side dish.



CHILI CHEESE CASSEROLE

Allspice (*Pimenta officinalis* Lindl)

ANYONE WHO'S HAD the pleasure of a vacation on the island of Jamaica or nearby island may well remember the numerous house-high evergreen trees which grow all around. These are ***Pimenta officinalis*** or allspice trees. They have handsome shiny dark-green leaves. In April when they bloom they are covered with clusters of white flowers. From June to about October the berries are being picked and dried. Those which reach us as whole allspice look like peppercorns except they are about one-third larger and are smoother.

Jamaica is, of course, the world's greatest producer of allspice, although Guatemala, Honduras and Mexico send us limited quantities as well. There's no way of saying how many pounds of allspice are produced each year because a big, fat productive year is usually followed by two lean years.

The allspice tree is strictly a don't-fence-me-inner. It grows today just the way it did when the Spaniards first laid eyes on it four centuries ago. (It is the only native Western Hemisphere spice still grown only in this hemisphere.) The small allspice trees pop up where they please and take 8 or 10 years to reach bearing age. They reach their prime when they are around 20 years old and may go on bearing until they are 80 or 100 years old. Spice growers in the Far East have tried to grow allspice on the other side of the globe, but the trees just stand there, covered with leaves, never bearing berries.

Beginning cooks sometimes think allspice is really a blend of spices. The allspice berry, which looks like a plump peppercorn, does taste like a blend of cinnamon, nutmeg and cloves. But it is a single spice, just like ginger or pepper.

Once the canning and preserving season is over, allspice enjoys daily use in fruit pies, mince pie and fruit cakes. It goes into beets, squash and sweetpotatoes. Use it subtly in steamed puddings and stewed fruits.



ALLSPICE JELLY AND PRESERVES

Allspice is a favourite canning spice. Add it to vegetable and fruit preserves.

Spiced Pickled Cantaloupe

- 2 qts. diced cantaloupe
- 1 qt. cold water
- 4 tbsps. salt
- 3 cups boiling water
- 4 cups sugar
- 1 cup vinegar
- 2 or 3 sticks whole cinnamon
- 1½ tablespoons whole cloves
- 1½ tablespoons whole allspice

Select firm, slightly underripe cantaloupe. Cut in half, remove seeds and rind; cut in one-inch squares. Combine cold water and salt; stir to dissolve. Pour over the cantaloupe. Cover and let stand for three hours. Drain. Combine boiling water, sugar, vinegar and spices tied in a cheesecloth bag. Bring to a boil, stirring until sugar is dissolved. Add drained cantaloupe meat. Bring to a boil and boil 10 minutes. Cool. Cover and let stand overnight. Drain the syrup from the cantaloupe. Bring the syrup to a boil 10 minutes. Add cantaloupe and bring to a boil again. Reduce heat and simmer gently about 45 minutes or until cantaloupe is clear and transparent. Pour immediately into hot sterilized jars. Seal at once. Makes about three pints.

Coddled Pears in Spiced Rum Sauce

(With Lemon Ice)

- 2 cups sugar
- 1½ cups water
- ⅛ tsp. salt
- 4 sticks whole cinnamon, each 2-inches long
- ½ tsp. whole cloves
- ½ tsp. whole allspice
- 4 whole ginger roots
- 12 medium-size whole fresh, firm ripe pears
- ¾ cup light rum
- 12 scoops lemon ice or lemon sherbet

Combine sugar, water and salt in a saucepan. Mix well. Add cinnamon. Tie remaining spices in a cheese cloth and add. Bring to boiling point. Peel pears, leave whole with stems attached. Add a few at a time to the syrup, cover and cook slowly until pears are tender, about 10 minutes, turning to cook uniformly. Repeat until all pears are cooked. Remove spice bag. Add rum. Let pears marinate in syrup at least 24 hours. Just before serving, place a scoop of lemon ice or sherbet in bottom of serving dishes. Stand a whole pear, stem side up, on each. Spoon a little of the spiced rum sauce over the top. Serve as dessert.

YIELD: 12 servings.

Peach Jam

- 3 pounds fresh peaches
- 1 box (2½ oz.) powdered pectin
- 5 cups sugar
- ½ teaspoon ground allspice

Peel and coarsely crush peaches. There should be 4 cups. In 6-quart saucepan mix together peaches and powdered pectin. Bring to a full rolling boil over high heat. (A full rolling boil is one that cannot be stirred down.) Boil 1 minute, stirring constantly. Add sugar and allspice; mix well and bring to a full rolling boil. Boil 1 minute. Remove jam from heat. Skim and stir 5 minutes with a metal spoon to prevent fruit from floating. Ladle quickly into hot sterilized jars. Seal airtight.

YIELD: 6 jars (½ pint each).

Banana Bonanza

- 3 bananas
- ¼ cup lemon juice
- ¼ cup bread crumbs
- 1 tablespoon sugar
- ½ teaspoon ground allspice

Peel and cut bananas into 2-inch pieces. Brush with lemon juice. Roll in mixture of bread crumbs, sugar and allspice. Place each piece on stick. Toast over hot coals.

YIELD: 12 2-inch pieces.

Apple Butter

- 3 pounds tart cooking apples
- 1 cup apple cider
- 1½ cups sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ⅛ teaspoon salt

Pare, quarter and core apples. Place in saucepan with cider; cook covered, about 20 minutes or until tender. Sieve. Add remaining ingredients. Stir and cook, uncovered, over low heat until thickened, 30 to 40 minutes. Stir frequently to prevent scorching. Pour into hot, sterilized jars. Seal. If apple butter is to be eaten in a few days, store in covered jar in refrigerator.

YIELD: 6 jars (½ pint each).

Hot Dog Twists

- 2 cups biscuit mix
- 1 teaspoon ground allspice
- 2/3 cup milk
- 24 frankfurters

Combine biscuit mix, allspice and milk. Stir with fork to form a soft dough; then beat vigorously until stiff. Knead 8 to 10 times on lightly floured board. Roll ¼-inch thick 9 x 6-inch rectangle. Cut into ¾ x 8-inch strips. Wrap each strip around a frankfurter, then place on stick. Cook over hot coals for 10 minutes, or until done.

YIELD: 24 (¾ x 8-inch strips)

Burgers-on-the-Stick

- 1 pound ground beef
- 1 egg, slightly beaten
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- ½ teaspoon ground allspice
- ⅛ teaspoon ground black pepper

Combine all ingredients in mixing bowl. Shape into patties around stick. Cook to desired doneness over hot coals.

YIELD: 6 patties.

Quick Pickled Peaches

- 1 can (28 oz.) peach halves
- ½ cup cider vinegar
- ½ cup sugar
- ⅛ teaspoon ground allspice
- 2 pieces (2 in. ea.) stick cinnamon
- Whole cloves

Drain syrup from peaches; reserve 1 cup. In a saucepan, combine the 1 cup of syrup, vinegar, allspice and cinnamon. Place over low heat, and cook, stirring constantly until sugar dissolves, then simmer 3 or 4 minutes to blend the flavours. Stud each peach half with 4 or 5 cloves. Put peaches in a jar; fill jar with the syrup mixture. Cover the jar and refrigerate until ready for use.

YIELD: 1 quart.

Spiced Tomato Marmalade

- 3 pounds ripe tomatoes, peeled
- 3 pounds sugar
- 2 lemons
- 1 orange
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground allspice

Cut tomatoes into quarters. (There should be $7\frac{1}{2}$ cups.) Place in 3-quart saucepan. Add sugar and let stand while preparing lemons and orange. Peel lemons and orange, cut fruit into small pieces; add to tomatoes. Cut peels into thin, fine slivers. Cover with water and cook 10 minutes. Drain and discard water. Add peels to tomatoes along with salt and ginger. Bring to boiling point and cook about 35 minutes, uncovered, over medium-low heat until mixture is thick and the peels are transparent, stirring occasionally. (This marmalade will be a little thin.) Add allspice and cook 5 minutes longer. Ladle into hot, sterilized jars. Seal airtight.

YIELD: 2 jars ($\frac{1}{2}$ pint each).

Allspice is a single spice which tastes like a blend of cinnamon, cloves and nutmeg. Use it in cakes and puddings; fruit; pickles and chutneys; soup and fish; and all meats. Use $\frac{1}{4}$ teaspoon for 4 servings.

Spiced Prune Plums

(For the relish tray)

- 2 15-oz. cans prune plums
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon ground allspice
- 2 tablespoons vinegar

Drain syrup from plums into saucepan, add salt and spices. Bring to boil and simmer 3 minutes. Stir in vinegar, add plums, refrigerate until serving time. Juice remaining after plums are used may be slightly thickened and served hot or cold as sauce with meats or poultry.

Vegetable Stick Kebabs

- 1 fresh zucchini
- 1 tomato
- 6 medium-sized fresh mushrooms
- 2 tablespoons butter or margarine, melted
- 2 teaspoons lemon juice
- $\frac{1}{8}$ teaspoon ground allspice
- $\frac{1}{8}$ teaspoon salt

Cut zucchini into $\frac{1}{2}$ inch pieces and tomatoes into wedges. Arrange zucchini, tomatoes and mushrooms on stick. Combine butter, lemon juice, allspice and salt. Brush vegetables on stick with sauce. Cook 4 to 6 minutes over hot coals or until tender.

YIELD: 4 servings.

Spice-Cake

Allspice, Cinnamon, Nutmeg and Cloves are the spices that make this cake a memorable one. This recipe is a classic that your grandmother probably used but it's one that has stood the test of time well and is many a family's favourite.

- 1 cup dairy sour milk
- 1 teaspoon baking soda
- $\frac{1}{2}$ cup soft shortening
- $\frac{1}{2}$ teaspoon salt
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- $\frac{1}{4}$ cups pastry flour
- 2 teaspoons baking powder

SPICE MIXTURE

- $\frac{1}{4}$ cup brown sugar
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground ginger
- Pinch allspice

Heat oven to 350°. Line bottom of 8-inch square pan with waxed paper. Grease paper and sides of pan. Combine sour cream and soda in a bowl — it will double in volume.

Blend shortening and sugar. Beat in eggs, one at a time. Add vanilla. Alternately add sifted dry ingredients and sour cream. Spread half the batter in prepared pan. Sprinkle with half the spice mixture. Cover with remaining batter. Sprinkle with remainder of spice mixture.

Bake in a moderate oven for 45-50 minutes.

TOPPING

After cake has been removed from pan and is still slightly warm, spread this topping on it — $\frac{2}{3}$ cup brown sugar, $\frac{2}{3}$ cup well-drained crushed pineapple blended with 2 tablespoons soft butter. Place under broiler until lightly browned. Watch closely for it takes only a few minutes.



Nutmeg

ST. NICHOLAS'S POSITION is assured in the hearts of young and old at Christmas time, but some twelve centuries ago there lived another saint, Boniface, who deserves much credit for making Christmas the nostalgic holiday it is. St. Boniface, missionary to Germany in those far-off days, was the first to decorate a little fir tree with candles as a symbol of Christmas joy.

It was St. Boniface who spread the use of spices throughout Germany, along with religion. He was convinced of the health value of spices: Spices made food more appetizing; being appetizing it was more happily digested.

Nutmeg and mace were among the precious spices which reached northern Europe at about that time. These two spices were especially delicious in the honey-sweetened cookies hung on the first Christmas trees. From that time on, Christmas baking has always given off the most tantalizing fragrance of these and the other sweet "baking spices."

While nutmeg and mace are two distinctly different spices, we are likely to group them together because they are different parts of the same tropical fruit. The fruit of the nutmeg tree resembles a small peach or apricot. However, in place of the soft, juicy flesh of a peach there is a thick, fibrous husk underneath the skin of the nutmeg fruit. Inside this is a layer of lacy material, which produces mace. The seed inside this is the nutmeg.

Nutmeg is available both whole and ground. Many cooks still like to grate the whole nutmegs for freshest flavour. Mace is more likely to be found in ground form since the whole "blades" of mace are not easily used in cooking.

Nutmeg Cream Puff Tree

1 cup water
 ½ cup butter or margarine
 ⅛ teaspoon salt
 1 cup sifted all-purpose flour
 4 large eggs
 Lemon-Mace Cream
 Sugar Syrup
 Confectioners' sugar

In a saucepan combine first 3 ingredients. Bring to a boil and cook over medium heat until butter melts. Lower heat. Add flour all at once and stir vigorously until mixture is well blended and leaves the sides of the pan in a smooth ball. Remove from heat and add eggs, one at a time, stirring vigorously until smooth, after each addition. Drop by rounded teaspoonfuls, about 1½ inches apart on ungreased cookie sheets. Bake in a preheated hot oven (400° F.) 30 minutes or until lightly browned. Remove to rack to cool. When cool, fill puffs with Lemon-Mace Cream; insert tip of pastry tube or cookie gun into sides of each to fill. Dip bottoms of each puff into hot Sugar Syrup and arrange on an 8-inch round base. Arrange a second row over the spaces between the first row of puffs. Continue dipping in syrup and building pyramid. If desired, additional syrup may be spooned over tops of puffs. When cool, sprinkle lightly with confectioners' sugar.

LEMON-MACE CREAM:

1½ cups milk ¾ cup sugar
 ⅛ teaspoon salt ¼ cup cornstarch
 3 large egg yolks
 3 tablespoons fresh lemon juice
 1 tablespoon butter or margarine
 ¾ teaspoon ground mace
 1 teaspoon pure vanilla extract

In a saucepan combine milk and about ½ of the sugar. Bring to a boil, stirring occasionally, and remove from heat. In a bowl combine the remaining sugar, salt and cornstarch; mix well. Mix in the egg yolks. Add a small amount of the hot milk to the egg mixture and blend well. Gradually add egg mixture to hot milk, blending well. Stir in fresh lemon juice. Bring to a boil, stirring constantly. Remove from heat and add remaining ingredients. Cover with wax paper and cool. Refrigerate until ready to use.

SUGAR SYRUP:

1-1/3 cups sugar 1 cup water
 ½ teaspoon cream of tartar

Combine all ingredients in a heavy skillet. Cook over low heat, without stirring, until temperature on a candy thermometer reaches 234° F. or syrup spins a 2-inch thread when dropped from a spoon or fork.

YIELD: Approximately 50 cream puffs (1 tree).

Apple Cottage Cheese Pie

- $\frac{1}{2}$ recipe plain pastry
- $1\frac{1}{2}$ cups thinly sliced apples
- 2 eggs
- $\frac{1}{2}$ cup cottage cheese
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup cream
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon grated lemon rind
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg

Line a 9-inch pie plate with pastry and cover with apples. Beat eggs slightly, add cottage cheese, $\frac{1}{2}$ cup of sugar, cream, salt and lemon rind. Mix remaining sugar with cinnamon with nutmeg and sprinkle over apples; then cover with egg and cheese mixture. Bake in hot oven, 425° F., for 10 minutes, reduce temperature to 350° F. and bake 30 minutes longer.

Apricot Nutmeg Balls

- 1 package (8 oz.) dried apricots, ground
- 2 cups shredded coconut
- $\frac{2}{3}$ cup sweetened condensed milk
- $\frac{1}{2}$ cup confectioners' sugar
- 1 teaspoon ground nutmeg

Combine apricots and coconut in large mixing bowl. Mix in milk, blending well. Shape mixture into $1\frac{1}{4}$ inch balls; roll in mixture of sugar and nutmeg. Let stand in air until firm.

YIELD: approximately 32 balls.

Jelly Filled Cut Out Cookies

- $1\frac{3}{4}$ cups sifted flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ cup butter or margarine, softened
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon ground nutmeg
- 1 teaspoon pure or artificial vanilla extract
- 1 egg
- Flavoured jelly, for filling

Sift together flour, salt and baking powder. Cream butter, sugar and nutmeg together. Beat in vanilla and egg. Gradually stir in flour mixture. Roll dough to $\frac{1}{8}$ inch thickness on lightly floured board. Cut with $1\frac{1}{2}$ inch round cookie cutter. Remove hole in center from half the cookies. Place on lightly greased cookie sheets. Bake in preheated moderate oven (375° F.) 7 minutes or until lightly browned around edges. Spread jelly on cookies without hole in center. Top with remaining cookies.

YIELD: Approximately 34 jelly filled cookies.

Spiced Fruit Squares

- $2\frac{1}{2}$ cups sifted all-purpose flour
- $1\frac{3}{4}$ cups sugar
- 1 teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup butter or margarine
- $\frac{1}{2}$ teaspoon baking soda
- 1 egg, well beaten
- 6 tablespoons milk or buttermilk
- 1 teaspoon pure vanilla extract
- 1 can (28 oz.) sliced peaches
- 1 package (8 oz.) dried apricots, diced
- 1 cup prunes, pitted and diced
- $1\frac{1}{2}$ teaspoons mace
- 2 tablespoons cornstarch
- 1 egg yolk, slightly beaten
- $\frac{1}{4}$ teaspoon ground nutmeg

In large mixing bowl sift together flour, $\frac{3}{4}$ cup of sugar, baking powder and salt. Add butter and mix well with pastry blender or fork until the size of small peas. Reserve 3 tablespoons for topping. Combine 1 tablespoon hot water and baking soda; stir until dissolved. Add to pastry with egg, milk and vanilla. Mix well. Divide dough into 2 parts. Roll half of dough to fit bottom and sides of a 14 x 10 inch baking dish. Reserve other half for top crust. Drain peaches, reserving fruit and syrup. Combine apricots, prunes and $\frac{1}{2}$ cup of peach syrup in medium saucepan. Bring to boil. Add peaches, remaining 1 cup sugar and mace. Simmer 10 minutes. Combine cornstarch with 2 tablespoons cold water. Mix well. Add to fruit mixture. Stir in egg yolk. Cook 5 minutes; cool. Spread filling over dough. Roll remaining dough to fit over top. Sprinkle top with reserved 3 tablespoons butter-flour mixture with nutmeg. Bake in preheated moderate oven (350 F.) 30 to 35 minutes or until done. Cool and cut into 2 inch squares.

YIELD: 35 two inch squares.



Swedish Meat Balls

- 1 lb. finely ground beef
- $\frac{1}{2}$ cup fine bread crumbs
- 1 egg
- $\frac{2}{3}$ cup milk
- $\frac{1}{4}$ cup hot water
- 1 tablespoon minced onion
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon nutmeg

Mix all ingredients together and gently form into small balls. Brown in hot fat. Add $\frac{1}{4}$ cup hot water. Cover. Simmer 20 minutes. Serve hot.

YIELD: 6 servings.

Spiced Raisin Custard Pie

- 1 cup seeded raisins
- 2¼ cups water
- 1 cup sugar
- ⅓ teaspoon salt
- ¼ teaspoon nutmeg
- 4½ tablespoons flour
- 1 egg, beaten
- 3 tablespoons lemon juice
- 3 teaspoons grated lemon rind

Mix the sugar and flour, add with the seasonings to the beaten eggs, add the raisins and liquid. Cook in a double boiler until mixture thickens (about 15 minutes) stirring occasionally. Let cool before filling pie. Pour into an unbaked pie shell (9-in. size), and cover with a latticework top crust. Bake in a hot oven (425° F.) for 10 minutes to brown crust, then reduce heat to 350° F. for 30 minutes.

Pineapple Cocoanut Delight

- 1-2/3 cups can-crushed pineapple (with syrup)
- 1 envelope unflavored gelatine
- ¼ teaspoon vanilla
- ¼ teaspoon nutmeg
- ½ cup flaked or shredded cocoanut
- ½ cup skim milk powder
- ½ cup ice water
- 2 tablespoons lemon juice
- ¼ cup sugar or equivalent of non-caloric sweetener

Drain syrup from pineapple and add water to make 1 cup liquid. Sprinkle gelatine on syrup-water to soften. Place over low heat, stir until gelatine is dissolved. Remove from heat and add pineapple and vanilla, and nutmeg. Chill to unbeaten egg white consistency. Mix skim milk powder with ice water in a bowl. Beat until soft peaks form (3 to 4 minutes). Add lemon juice. Continue beating until firm.

Hawaiian Chicken Broil

- 2 burger buns with sesame seeds
- 4½ oz. can devilled ham
- 7 oz. can chicken, diced
- ½ cup finely diced celery
- ¼ cup chopped mustard pickle
- ¼ cup mayonnaise
- 1 teaspoon lemon juice
- Pinch onion salt
- Freshly ground pepper
- 4 slices pineapple
- Nutmeg

Spread each bun half with part of ham. Cover with combined next 7 ingredients. Top with pineapple slice. Spread remaining ham on pineapple. Sprinkle with nutmeg. Broil until top is bubbly. Serve immediately.

YIELD: 4 servings.

Nutmeg in a sandwich? Why, of course, especially when the sandwich is a broiled open one; for nutmeg is a sweet, warm spice that adds zest to any poultry filling, as in our Hawaiian Chicken Broil.

Tiny Cookie Tarts

- 1¼ cups butter or margarine
- 1 package (8 oz.) cream cheese
- 3 cups all-purpose flour
- 2 teaspoons ground mace
- 1/16 teaspoon salt
- Confectioners' sugar
- Fruit preserves or canned fruit
- Pie filling

Combine butter, cream cheese, flour, mace and salt. Mix well with pastry blender or fork. On board lightly sprinkled with sugar, roll dough to ⅛ inch thickness. Cut dough to fit various shapes of miniature tart shells. Fill with fruit preserves, or any flavoured fruit pie filling. Bake in preheated moderate oven (350° F.) 10 to 15 minutes or until pastry shells are lightly browned.

YIELD: approximately 4 dozen miniature

WHICH SPICE?

If you're vague about the difference between a spice and a herb, so is almost everyone else! For the most part, "Spice" covers the gamut of spices, herbs, seeds, vegetable seasonings, and blends. But here's what the experts have to say:

"Spices" are the roots, bark, stems, leaves, buds, seeds or fruit of aromatic plants that usually grow in the tropics. They are natural foods and are prepared to enhance your eating pleasure.

First step to fine cooking is a knowledge of herbs and spices. They are an accessory, and like all accessories, they should be chosen with care and used with discretion, so they accent but do not overwhelm. At first, it's better to be overcautious than run reckless. If an herb is new to you, crush a bit of it with your fingertips, and warm it with your hand. Now sniff it, and taste it. If it is strong and pungent, use it sparingly—literally, as many recipes tell you, by the pinch. If it is delicate in flavour, you will be safe in using more. No one can know precisely how much of any spice or herb will suit your taste. Since the pungency of spices differs and spice's effect on different foods varies, and since no two palates are the same, there are no set rules. At the beginning, follow exactly amounts given in the recipes. In time, your nose and your taste buds will be your best guides in the use of herbs and spices.

Mace (*Myristica fragrans* Houltt)

THE FLESHY ARIL or skin which covers the Nutmeg. Both the Mace and Nutmeg are part of the fruit of a tall evergreen tree whose leaves closely resemble those of Rhododendron. Whole Mace is referred to as "blades of Mace," by the trade.

Mace and Nutmeg are native of the Molucca Islands, known for many centuries as the Spice Islands. We now import most of our Mace from Indonesia and the West Indies.

In Mace and Nutmeg we have the only case of two different spices occurring naturally in the same fruit. The Mace forms a lacy pattern around the shell within which the Nutmeg or seed grows. The Mace is a vivid red color before drying, and then softens to a light orange shade. When ground, the Mace turns a yellowish-orange color.

Mace has a flavour different from that of Nutmeg although there is some similarity. Mace has a softer, somewhat less pungent flavour than Nutmeg.

Ground Mace provides the flavouring for pound cakes. It contributes a golden tone and exotic flavour to all yellow cakes. Mace is a valuable adjunct to all chocolate dishes. It is an excellent seasoning for fish, sauces and meat stuffings. Cherry pie filling seasoned with Mace is a gourmet's delight.

It is said that many years ago when European merchants tried to eliminate Nutmeg and Mace from all but one of the islands where they grew, large pigeons thwarted their schemes by carrying off the whole fruit and dropping them on other islands where they propagated.

Cottage Pudding

- 1½ cups sifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon mace
- ½ cup shortening
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2/3 cup milk
- 1 recipe fruit sauce

Set oven for moderate, 350° F. Grease an 8 x 8 x 2-inch pan. Sift together the flour, baking powder, salt and mace. Cream the shortening until smooth. Gradually add sugar and continue creaming until light. Add the egg and vanilla and beat until light and fluffy. Add the flour mixture to the sugar mixture, a little at a time, alternately with the milk, beginning and ending with the flour mixture. After each addition, stir just enough to blend ingredients. Turn batter into pan and bake 35 to 40 minutes, or until top is pale brown, and pudding has pulled slightly away from sides of pan. Serve hot with fruit sauce.

Yield: 6 to 9 servings:

Fruit Sauce

- 1 can (10 oz.) sliced peaches
- Water
- 2/3 cup sugar
- 2½ teaspoons cornstarch
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 3 tablespoons butter or margarine
- 1½ tablespoons lemon juice
- 1 teaspoon finely grated lemon peel
- ½ cup drained, canned pitted sour cherries

Drain syrup from the peaches. Measure the syrup and add enough water to make 1-1/3 cups liquid. Combine the sugar, cornstarch, nutmeg and salt in a saucepan. Slowly add and stir in the liquid. Bring to a boil over medium heat and cook, stirring constantly, 3 minutes, or until thickened and clear. Remove from heat. Stir in the butter, lemon juice and lemon peel. Add the peaches and cherries and stir until evenly distributed. Serve hot over Cottage Pudding or other cake-type pudding.

Mace is a golden spice, slightly more delicate than nutmeg. It's perfect with cream soups; fruit salads; anything chocolate; biscuits; cheese; cakes and cookies; veal and fowl. Use ¼ to ½ teaspoon for 4 servings.

Cumin Seed *(Cuminum cyminum L.)*

CUMIN IS ANOTHER spice which historically predates Biblical times. In Matthew 23, Jesus says, "... ye pay tithe of Mint and Anise and Cummin . . ."

Cumin, sometimes spelled Cummin or called Comino Seed, looks like a small ear of corn when magnified. Seeds from 1/8 to 1/4 inch long. Both appearance and aroma suggest its kinship with caraway. It comes in both whole and ground form.

Many superstitions have clung to Cumin Seed in the past: That was the symbol of the miser; that a happy life awaited the bride and groom who carried Cumin Seed throughout the wedding ceremony; that if Cumin Seed were cursed while sowing, it would produce a splendid crop.

Cumin Seed is one of the chief ingredients in chili powder and curry powder. It is widely used in India, the Near East and in Latin-American cookery. German cooks add it to pork and sauerkraut, while the Dutch and Swiss like Cumin Seed in cheese.

A native of Egypt, Cumin thrives in many lands today, especially around the Mediterranean. We import Cumin Seed from Iran, Morocco, Lebanon and Syria.

Sloppy Joes

- 1 tablespoon salad oil
- 1 lb. ground chuck
- 1 cup canned tomatoes
- 1/4 cup sweet pepper flakes
- 1 tablespoon instant minced onion
- 3 teaspoons chili powder
- 1 teaspoon salt
- 1/2 teaspoon ground cumin seed
- 1/2 teaspoon instant minced garlic
- Toasted hamburger buns or French rolls

Heat oil in large saucepan or Dutch oven. Add meat and cook until lightly browned. Add remaining ingredients except buns. Cover and simmer 25 to 30 minutes. Serve on toasted buns.

YIELD: 6 portions.

Cumin Baked Chicken

- 2 1/2 to 3 lb. chicken cut into serving pieces
- 1/4 cup all purpose flour
- 1/4 teaspoon salt
- 1/16 teaspoon ground black pepper
- 2 tablespoons salad oil
- 1 can (10 1/2 oz.) cream of chicken soup
- 1 can (10 1/2 oz.) cream of celery soup
- 1 pint sour cream
- 1 tablespoon parsley flakes
- 2 teaspoons ground cumin seed

Dredge chicken in mixture of flour, salt and pepper. Sauté in hot oil until golden on all sides. Transfer chicken to 2 quart casserole. Combine soups, sour cream, parsley flakes and cumin seeds; pour over chicken. Cover; bake in a preheated moderate oven (350° F) 45 to 60 minutes or until chicken is tender.

YIELD: 4 to 6 portions.

Stuffed Beef Rollups

- 6 minute or cube steaks
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons celery flakes
- 4 teaspoons instant minced onion
- 1 can (7 oz.) whole kernel corn, drained
- 1/4 cup bread crumbs
- 4 tablespoons tomato paste
- 2 teaspoons parsley flakes
- 3/4 teaspoon ground cumin seed
- 1 tablespoon salad oil
- 1 can (14 oz.) tomatoes

Season steaks with salt and pepper; set aside. Mix celery flakes and 3 teaspoons of the minced onion with 3 tablespoons water; let stand 8 minutes to soften. Combine softened vegetables, 1/2 cup of corn, bread crumbs, 1 tablespoon of the tomato paste mixed with 2 tablespoons water, parsley flakes and 1/2 teaspoon of the cumin seed. Mix well. Spoon corn mixture onto steaks. Roll up and fasten with toothpicks. In skillet brown beef rolls in hot oil. Meanwhile, in small saucepan, combine tomatoes, 1/4 cup water, remaining 3 tablespoons tomato paste, 1 teaspoon instant minced onion, and 1/4 teaspoon cumin. Bring to boiling point. Place meat in casserole; pour tomato sauce over meat. Cover and bake in preheated moderate oven (350° F.) 30 minutes. Remove cover and bake 15 minutes longer.

YIELD: 6 portions.



Caraway Seed *(Carum carvi L.)*

WHEN A CARAWAY meets a caraway coming through the rye — it's rye bread, of course! Although that's where the caraway seed is most likely to be found, these snappy aromatic seeds rally in a wide range of recipes.

Although Asia Minor is the ancient home of caraway, it is a pet spice in northern and middle Europe. An old German cookbook notes that "the Germans have such a regard for caraway seed, they always put it into their pie crusts, mix it in their bread and add it in great measure to their sauces." You will find caraway soup recipes in Polish and Viennese cookbooks too, while no less a historian than William Shakespeare records an invitation to "Pippin of my own fraffing, with a dish of caraways." Recipes for caraway cookies came to Canada generations ago from kitchens in England and northern Europe. Pickled herring seasoned with caraway is another old English favorite.

While caraway is famous as a seasoner of pork combinations, it gives intriguing tang to other meats, stews, soups and cheese dishes. Sauerkraut is twice as good cooked with caraway seeds. The same goes for stewed green or red cabbage, cole slaw and the whole gamut of potato dishes.

Seed Cake

(Creaming Method)

- 1½ cups sifted all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 teaspoons caraway seed
- ½ cup shortening
- 1 cup sugar
- 2 eggs, separated
- 1 teaspoon lemon extract
- ½ cup milk

Set oven for moderately low, 325° F. Grease bottom and sides of a loaf pan about 9 x 5 x 3 inches. Sift together the flour, baking powder and salt into a bowl; add and stir in the caraway seeds and set aside. Cream the shortening until smooth; gradually add the sugar and continue creaming until light. Add the egg yolks and lemon extract and beat until fluffy. Add the flour mixture alternately with the milk, beginning and ending with the flour mixture. Add the dry ingredients in 4 parts and the liquid in 3 parts. After each addition stir just enough to blend. Whip egg whites until they form soft shiny peaks. Fold egg whites into flour mixture just until evenly blended, using a rubber scraper or metal spoon. Do not stir. Turn batter into prepared pan. Bake 1 hour and 15 minutes, or until top springs back when touched lightly with fingertip. Let cool in pan on wire rack 10 minutes. Remove pan and allow cake to cool on rack.

YIELD: 9 x 5-inch loaf cake.

Caraway Pork Loin with Sauerkraut

- 1 teaspoon salt
- ½ teaspoon onion salt
- ¼ teaspoon ground black pepper
- 2 tablespoons caraway seed
- 4 pounds pork loin
- 1 tablespoon currant jelly
- 1 can (1 lb. 11 oz.) sauerkraut drained

Combine salt, onion salt, black pepper, and 1 tablespoon of the caraway seed. Rub into meat on all sides. Place pork, fat side up, on rack in an uncovered roasting pan. Roast in preheated slow oven (325° F.) about 2 hours. Pour off fat in roasting pan. Spread currant jelly over pork. Place sauerkraut around pork in roasting pan. Sprinkle with remaining 1 tablespoon caraway seed. Roast ½ to ¾ hour longer or until done.

YIELD: 6 to 8 servings.

Caraway Seed Sour Cream Dip

Combine ½ cup sour cream, ¼ cup mayonnaise, ¼ teaspoon salt, ¼ teaspoon Garlic Powder, ½ teaspoon instant minced onion, 2 teaspoons Caraway Seed, a dash of White Pepper, and a dash of Cayenne. Mix well. Turn into a small bowl and place in center of a large serving plate. Garnish with Paprika and surround with fresh vegetable sticks, potato chips and crackers.

YIELD: about 2/3 cup.

Hungarian Liptauer Cheese

- 1 tablespoon powdered mustard
- 1 package (8 oz.) cottage cheese
- 1 tablespoon minced anchovies
- 1 tablespoon caraway seed
- 1 tablespoon capers
- 1 teaspoon instant minced onion
- 1 cup butter or margarine, softened
- Paprika for garnish

Blend powdered mustard with 1 tablespoon warm water; let stand 10 minutes for flavour to develop. Put cheese through sieve. Add mustard, anchovies, caraway, capers, minced onion and softened butter; mix well. Mound on serving dish. Garnish with paprika. Serve at end of meal, Hungarian style, or on crackers with cocktails or as sandwich spread.

YIELD: Approximately 2 cups.

Sate Manis

(Beef on Skewers)

- 2½ to 3 pounds boneless sirloin or round steak, cut into 1-inch cubes
- ¼ cup soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 teaspoons caraway seed
- 2 teaspoons ground coriander
- 2 teaspoons instant garlic powder
- ¾ teaspoon salt
- ⅛ teaspoon ground black pepper

Place meat in a snug fitting bowl or plastic bag; set aside. Combine remaining ingredients in a small bowl; mix well. Pour over beef cubes and marinate one hour or longer, turning occasionally. Arrange beef on skewers (bamboo skewers are used in Indonesia.) Place under preheated broiler 6 inches from source of heat. Broil for 5 to 8 minutes or until meat is done as desired, turning 2 or 3 times. Serve with hot cooked rice. Garnish with sliced tomatoes, if desired.

Crunchy Bread Sticks

- 1 package refrigerator biscuits
- 2 tablespoons milk
- 1½ cups rice cereal, coarsely crushed
- 2 tablespoons caraway seed
- 1½ teaspoons salt

Cut biscuits in half; roll each part into pencil thin sticks (about 4 inches long). Brush with milk. Mix cereal crumbs, caraway seed and salt in shallow pan. Roll sticks in mixture. Place on a greased baking sheet. Bake in a 450° F. oven for 10 minutes or until lightly browned.

YIELD: 20 sticks.

Caraway Ring

- 1 envelope active dry yeast
- ¾ cup sugar
- 2 teaspoons salt
- 1 egg, beaten
- 1½ tablespoons caraway seed
- 1 tablespoon celery seed
- 3 tablespoons instant minced onion
- ¾ cup milk, scalded
- 3¼ cups sifted all-purpose flour (approximately)
- 1/3 cup butter or margarine, melted

Soften yeast in ¼ cup warm water (110° to 115° F.) and 1 teaspoon of the sugar. Add remaining sugar, salt and egg. In mixing bowl combine caraway, celery seed and minced onion with scalded milk. Cool to lukewarm; add yeast mixture. Stir in 2 cups of the flour. Beat until batter is smooth and falls in sheets from spoon. Add butter and mix well. Stir in remaining flour, mix until dough is smooth and satiny. Turn dough into a greased 9-inch ring mold. Cover and let rise in a warm place (80° to 85° F.) until dough has doubled in size or until it has risen to about ¼ inch from the top of mold, about 1 hour. Bake in preheated hot oven (400° F.) 20 minutes or until browned. Turn out onto a wire rack. Serve warm or cold.

YIELD: One 9-inch ring.

Caraway seeds give a sharp aroma and distinctive flavour to Seed Cake. Serve this cake unfrosted, with afternoon tea. It is also delicious with fresh or canned fruit as a dinnertime dessert.



KUKU-PILAU
(Chicken and Rice)

Red Pepper, instant onion and garlic, cloves and cinnamon give "soul" to this African favourite—Chicken and Rice. (See page 59).

Thyme (*Thymus vulgaris* L.)

CREOLE COOKERY refers to those regional dishes originating in the French section of old New Orleans. Although classical French cuisine is the basis for most Creole dishes, each group of settlers to the area added their own special ingredients and touches to the original recipes.

The period of Spanish rule in Louisiana introduced more pungent flavours into the dishes of France. Filé powder was first developed by the Choctaw Indians. Originally used for medical purposes, filé, the pulverized leaves of the sassafras with thyme added for flavour, became the magic ingredient in gumbos. African cooks interpreted the French and Spanish recipes in the light of the abundance of shell fish, game, fowl and vegetables and added their own rare knowledge of exotic seasoning.

The Creoles have a favorite word for "something extra" — lagniappe. Thyme, the pet seasoning of the famed gumbos and Jambalayas, is surely the lagniappe of New Orleans cuisine. The Creole kitchen is the home of the "Jambalaya," a dish of Spanish origin. Rice is combined with vegetables, meat or fish and seasoned with onion and thyme. Creole gumbo, another specialty, is an exquisitely flavoured, thick, gelatinous stew served with rice. The economical Creole cook fills her gumbo pot with the "fruits" of nature around her. This salubrious stew may be made with fish, fowl, vegetables or even rabbit or squirrel. No resources are overlooked and Creole cooks even today search for wild salad greens from the field, stream and woods.

Thyme is available in two forms — ground and whole leaf. Both may be used to season tomato dishes, breads, roasts and stews, sauces, chowder and stuffing. Let these recipes from the test kitchens of the Canadian Spice Association help add this wonderful herb to your palette of seasonings.

Barbecue Sauce for Sea Kebabs

- ¼ cup salad oil
- 3 tablespoons cider vinegar
- 1 tablespoon lemon juice
- ¾ teaspoon garlic salt
- ½ teaspoon thyme leaves, crushed
- ½ teaspoon onion salt
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Sea Kebabs

In small saucepan combine all ingredients. Heat to boiling. Cool. Brush sauce on kebabs.

YIELD: ½ cup sauce.

SEA-KEBABS:

- 2 (8 oz. each) frozen lobster tails, cooked
- 1 pound cooked large shrimp
- 1 medium-sized zucchini, cut into ½ inch slices
- ¾ pound mushroom caps
- Cherry tomatoes

Cut lobster meat into chunks. String on skewers alternating with shrimp, zucchini and mushrooms. Place cherry tomatoes on end of skewers. Broil, basting with barbecue

sauce, 3 minutes or until shrimp are lightly browned.

YIELD: 6 servings.

Baked Fish With Rice Stuffing

- ¼ cup celery flakes
- 1 tablespoon instant minced onion
- 2 cups cooked rice
- 3 tablespoons butter or margarine, melted
- 1 tablespoon parsley flakes
- 1 teaspoon salt
- ½ teaspoon thyme leaves
- ⅛ teaspoon ground black pepper
- 4 pounds fish (blue or bass)

Combine celery flakes and minced onion with ¼ cup water; let stand 8 minutes to soften. Add rice, butter and seasonings; mix gently until blended. Spoon into cavity of a fish suitable for stuffing. Close cavity with skewers or toothpicks. Brush with salad oil or melted butter. Bake in greased shallow baking pan, uncovered, in preheated moderate oven (375° F.) 40 minutes or only until fish is flaky. Serve with lemon wedges, if desired.

YIELD: 6 servings.

Herbed Meat Balls with Mushroom Sauce

- 1 pound ground lean beef
 - $\frac{1}{4}$ pound pork sausage
 - $\frac{1}{4}$ cup dry bread crumbs
 - 1 $\frac{1}{4}$ teaspoons salt
 - $\frac{1}{2}$ teaspoon thyme leaves
 - $\frac{1}{4}$ teaspoon ground marjoram
 - 2 tablespoons tomato paste
 - 1 egg, slightly beaten
 - 2 tablespoons shortening
 - $\frac{1}{2}$ pound cooked noodles
- Mushroom Sauce

Combine ground beef, sausage, bread crumbs, salt, thyme, marjoram, tomato paste and egg. Shape into 1- $\frac{1}{2}$ inch meat balls. Brown in shortening. Reduce heat to low and cook about 10 minutes or until tender. Serve over cooked noodles with Mushroom Sauce.

MUSHROOM SAUCE:

- 1 can (10 $\frac{1}{2}$ oz.) cream of mushroom soup
- 1 teaspoon paprika
- $\frac{1}{4}$ teaspoon ground thyme
- 1/16 teaspoon instant garlic powder

Combine mushroom soup with $\frac{1}{2}$ cup water, paprika, thyme and garlic powder. Mix well and heat thoroughly. Serve over Herbed Meat Balls.

YIELD: 6 servings, 3 meat balls.

Pork Chop Casserole

- 6 shoulder pork chops
- 6 medium-sized potatoes, pared and sliced
- 2 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon dry mustard
- 1 $\frac{1}{2}$ teaspoons parsley
- 1 teaspoon thyme
- 1 $\frac{1}{2}$ teaspoons steak spice
- 2 cups scalded milk

Set oven for moderate, 350° F. Trim excess fat from the chops. Place a large frying pan over medium heat; use a piece of the fat to grease the pan. Brown the chops evenly on both sides. Meanwhile arrange the potatoes in a rectangular 3-quart baking dish and sprinkle the flour over them. Combine the salt, mustard, parsley, thyme and steak spice. Sprinkle half of the seasoning over the potatoes. Pour the scalded milk evenly over the seasoned potatoes. Place the chops in a single layer over the potatoes; sprinkle the remainder of the seasoning over them. Bake, covered, 1 hour. Remove cover and bake 30 minutes longer or until chops are fork-tender.

YIELD: 6 servings.

New England Clam Chowder

- $\frac{1}{4}$ pound salt pork, diced
- 3 cups diced potatoes
- $\frac{1}{4}$ cup instant minced onion
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 18 fresh clams with liquid or 4 cans (7 $\frac{1}{2}$ oz. each) clams
- 1 quart hot milk
- 1 $\frac{1}{4}$ teaspoons ground thyme
- 2 tablespoons butter or margarine

In 4-quart saucepan fry salt pork until crisp. Add 2 cups boiling water, potatoes, minced onion, salt and black pepper. Cover and cook until potatoes are almost tender, 10 to 12 minutes. If fresh clams are used, drain off liquid and reserve. Chop clams and add to potatoes; cook 5 minutes. Stir in clam liquid, milk, thyme and butter. Cover, simmer 5 minutes or until potatoes are tender. Serve in bowls with crackers, if desired.

YIELD: 3 quarts.

Thyme's delicate mint-like flavour makes it a "timely" addition to pork, beef, veal, poultry and fish. It adds interest to cheese and egg dishes and most vegetables.

Thyme's nippy mint-like flavour is ideal with tomatoes, meats, fish and poultry stuffing. Thyme with lamb is a springtime classic. Use $\frac{1}{8}$ teaspoon for 4 servings.

Shepherd's Pie

- 4 cups cubed cooked meat
- 1 cup gravy
- 3 cups mixed cooked vegetables
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon MSG
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon thyme
- 2 to 2 $\frac{1}{2}$ cups hot mashed potatoes
- 3 to 4 tablespoons grated Cheddar cheese
- 1 tablespoon butter or margarine

Set oven for hot, 425° F. In a 2 $\frac{1}{2}$ -quart casserole, combine meat and next 6 ingredients. Mix together the mashed potatoes, cheese and butter. Spoon the mixture around the edge of the casserole. Bake 20 minutes, until mixture is hot and potatoes are brown.

YIELD: 6 to 8 servings.

Bay Leaves *(Laurus nobilis)*

THE FAMILIAR BAY LEAF, today the pet spice of good cooks, is the **Laurus nobilis** of the botanist. Its other pretty name is "laurel," which serves to remind us that the leaves of this small evergreen tree, native to the Mediterranean, have a centuries-old image as a plant of distinction.

In the days of imperial Rome a wreath of laurel leaves was a trophy, as coveted as our modern Oscar, Emmy or a sterling silver loving cup. We will never know why laurel leaves came to symbolize the superlative, but there is a famous myth which gives us a very poetic explanation. Apollo, god of the sun, of music and other arts fell desperately in love with a beautiful wood-nymph, Daphne. His love was unrequited; wood-nymph would have none of him. She fled. He pursued and was just about to catch up with her when Daphne's guardian spirit turned her into a beautiful little tree. Apollo put his arms around the tree and declared his undying love. Her evergreen leaves were to be the token of honor and renown. The greatest poet of the land became the "poet laureate," while the scholar earned his "baccalaureate," his laurel wreath covered with berries.

There are dozens of instances of the status of the bay or laurel leaf in the fine arts. One of the great arts is cooking and many award-winning meat, fish or poultry dishes will acquire delightful aroma from a bit of bay leaf.

Carmelite Soup

- 2 cups diced potatoes
- 1 cup sliced carrots
- 2 cans (1 lb. 4 oz.) chick peas
- 4 whole cloves
- 3 bay leaves
- 2 teaspoons instant minced onion
- 1 teaspoon parsley flakes
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 pound Italian sausage, cooked and sliced
- 3 hard boiled egg yolks

Cook potatoes and carrots in $1\frac{1}{2}$ quarts of boiling water, about 20 minutes or until tender. Remove vegetables from water; set aside. Reserve water. Puree chick peas and add to water with remaining ingredients. Simmer 25 to 30 minutes. Remove bay leaves and cloves. Add reserved cooked vegetables and sausage. Serve as main dish soup. Garnish with chopped egg yolks.

YIELD: 6 to 8 servings.

Baked Pork Chops

- 6 large loin pork chops
- $\frac{1}{4}$ teaspoon instant garlic powder
- $2\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 cup beef stock or 1 beef bouillon cube dissolved in 1 cup water
- 2 teaspoons cider vinegar
- 1 bay leaf
- 3 tablespoons flour
- $\frac{1}{4}$ cup water

Trim excess fat from pork chops. Mix garlic powder, salt, and black pepper and rub on both sides of chops. Brown and place in baking dish. Mix beef stock and vinegar and pour over chops. Add bay leaf. Cover and bake in preheated slow oven (325° F.) 1 hour or until chops are tender. Mix flour with water to a smooth paste and add to liquid in baking dish. Mix well. Cook uncovered, 20 minutes. Serve hot.

YIELD: 6 servings.



Quick Spaghetti Sauce

- 4 sweet Italian sausage (1 lb.)
- $\frac{1}{2}$ cup water
- 2 cans ($10\frac{1}{4}$ oz.) marinara sauce
- 2 bay leaves
- 1 teaspoon instant minced onion
- Cooked spaghetti

Place sausages in skillet and prick with fork. Add water and simmer until water has evaporated. Turn sausages until they are browned on all sides. Remove from skillet. Pour in marinara sauce. Add bay leaf and instant minced onion. Simmer over low heat for about 10 minutes. Cut sausages into thin slices and add to sauce. Serve over spaghetti.

YIELD: Spaghetti sauce for 6.

Cioppino

(Italian Fish Stew)

- 1/4 cup sweet pepper flakes
- 1/4 cup instant minced onion
- 1/2 cup water
- 2 teaspoons instant minced garlic
- 2 tablespoons olive oil
- 1 can (1 lb. 12 oz.) solid pack tomatoes
- 1 can (8 oz.) tomato sauce
- 1 bay leaf
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1/8 teaspoon thyme leaves
- 1 cup apple juice
- 1 sea bass or striped bass, cleaned, boned and cut in 2-inch pieces
- 1 pound shrimp, cooked and cleaned
- 1 dozen clams, raw
- 1 crab or lobster, cooked and removed from shell
- 2 tablespoons parsley flakes

Place pepper flakes, onion and garlic in 1/2 cup water; let stand for 10 minutes to soften. Heat oil in large skillet. Sauté pepper flakes, onions and garlic until golden. Chop tomatoes and add with juice. Add tomato sauce, bay leaf, sugar, salt, pepper, paprika and thyme leaves. Cook covered, one hour, over low heat. Stir in apple juice. Layer the fish in deep pan (seafood on the bottom, then shellfish). Pour over sauce. Cover, simmer for 20 minutes. Sprinkle with parsley. Serve in deep soup dishes.

YIELD: 6 servings.

Beef and Vegetable Stew

- 3 pounds boneless top round
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/3 cup butter or margarine
- 2 tablespoons olive or salad oil
- 1/2 cup instant minced onion
- 2 1/2 cups beef stock or consomme
- 1 bay leaf
- 5 carrots, quartered
- 1/2 pound mushrooms, (caps and stems)
- 2 tablespoons parsley flakes
- 1/4 teaspoon ground thyme
- 1/4 teaspoon ground black pepper

Trim and discard excess fat from meat; cut into 1 1/2 inch cubes. Mix flour with salt, add meat and mix well to coat all sides with flour. Heat butter and oil in Dutch oven or heavy saucepan. Add meat and brown well on all sides. Stir in onion, stock, bay leaf; cover and simmer meat 1 1/2 hours or until meat is almost tender. Add carrots. Cover and cook about 15 to 20 minutes. Add mushrooms, parsley, thyme and pepper. Cook, covered, 10 minutes. Serve hot with baked or mashed potatoes.

YIELD: 8 to 10 servings.

Fish Florentine

- 2 lbs. spinach
- 1/4 teaspoon ground nutmeg
- 2 1/2 teaspoons salt
- 1 1/2 lbs. fish fillets
- 1/8 teaspoon ground black pepper
- 8 whole black peppers
- 1 bay leaf
- 2 tablespoons fresh lemon juice
- Mornay Sauce
- 1 egg yolk, sieved

Cook spinach, drain well. Add nutmeg and 1 teaspoon salt. Keep warm. Sprinkle fish fillets with 1 teaspoon salt and ground black pepper. Roll and place in large skillet with whole black pepper, bay leaf, lemon juice and 1/2 teaspoon salt. Cover with boiling water. Cover and simmer 5 to 8 minutes or until flaky. Remove fillets and drain. Place spinach on platter. Arrange rolled fillets over it. Pour Mornay Sauce over fish. Sprinkle with sieved egg yolks.

MORNAY SAUCE:

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- 1 egg yolk
- 2 tablespoons cream
- 1/2 cup grated Cheddar cheese
- 1/2 teaspoon salt
- 1/16 teaspoon cayenne

Melt butter or margarine. Add flour and blend well. Stir in milk and cook, stirring constantly, until thickened. Beat together egg yolk and cream. Add a little of the sauce to this mixture and return to the sauce. Heat, stirring constantly, until well blended. Add cheese and heat until melted. Season with salt and cayenne.

YIELD: 6 servings.



CARMELITE SOUP
CIOPPINO

Cioppino, one of the great Italian seafood creations, requires the aroma of a bay leaf.

Saffron (*Crocus sativus* L.)

THE DRIED STIGMAS of a plant of the crocus family. It is the world's most expensive spice.

Saffron is a native of the Mediterranean area. We import most of ours from Spain.

Each plant of *Crocus sativus* yields only three stigmas, which are delicate orange-yellow filaments which must be picked by hand. It takes 225,000 stigmas to make a pound of Saffron, therefore 75,000 blossoms must be gathered for each pound tin. Fortunately, however, a little Saffron goes a long way.

Chicken Pillau

- 3 lbs. chicken (cut in large pieces)
- 2 lbs. rice (parboiled and drained)
- 1 oz. green pepper
- 1 teaspoon cumin
- 3 cups sour cream (curd)
- 1 teaspoon coriander
- 3 onions—small (sliced)
- 1 teaspoon cinnamon
- 1 oz. garlic (pulped in a cup of water)
- 1 cup butter
- 4 cardamoms
- Salt (to taste)
- 5 cloves
- A few saffron

Method: Fry slices of onions until brown. Remove and pound when cool. Place in butter and chicken and add spices and curd. Pour into garlic and its water. Now add more water for cooking rice and chicken. After cooking for about ten minutes or so place rice over the chicken. Cover the pan tight by sealing with flour paste and cook on a slow fire for about half an hour. Sprinkle saffron and serve.



Chervil (*Anthriscus Cerefolium*)

THE LEAVES OF an herb that grows in many countries in the temperate zone. Its flavour is similar to that of mild parsley. It is especially good with fish when it is chopped fine and sprinkled over the fish before removing from the broiler. It is also used in soups, salads, egg dishes, French dressing and as a butter sauce for chicken.

Chervil Souffle

- 3 tablespoons butter
- 2 tablespoons flour
- 1 cup scalded milk
- ¼ teaspoon salt
- freshly ground black pepper
- ½ cup grated Gruyere cheese
- 4 egg yolks
- 4 egg whites
- 1 teaspoon chervil
- 1 teaspoon onion powder

Melt butter in top of double boiler. Blend in flour and gradually add milk, stirring as mixture thickens. Add salt, pepper, from a few turns of pepper grinder, cheese, chervil and onion powder, stirring constantly as cheese melts. Remove from heat. Pour cheese mixture into the egg yolks and blend. Beat egg whites until stiff and standing in peaks. Fold egg whites gently into cheese mixture. Turn into buttered casserole. Bake at 375° until souffle is puffy and golden brown in colour (about 35 minutes). Serve immediately, direct from oven.

Serves 4.

Sage *(Salvia officinalis L.)*

WHAT WOULD THANKSGIVING dinner be without sage? These fragrant, appetite-arousing, silver-grey leaves of the mint family have been giving distinctive taste to the stuffing for holiday fowl and to sage cheese since Colonial times.

Like all seasonings, sage enhances the flavour of a wide variety of dishes. Institutional chefs can enhance the flavour of meat and fish stuffings, pork dishes, hot breads and baked fish through the use of sage leaves or ground sage or rubbed sage. Chefs also can take advantage of its lusty fragrance to produce a rich aroma in Manhattan clam chowder and other fish soups and chowders, gumbo and vegetable soups.

Sage, along with thyme and oregano, is one of the more potent herbs. It should be used with a gentle hand, $\frac{1}{4}$ teaspoon per pound of meat. As with other spices and herbs, sage should enhance but not overpower the flavour of food.

In these recipes for traditional holiday dinners from the Test Kitchen of the Canadian Spice Association crumbled sage leaves season a dressing for fowl, and ground sage give zest to cheese fingers.

Roast Goose with Savory Rice Stuffing

- 2/3 cup wild rice
- 1 cup long-grain rice
- 2½ cups cold water
- ¼ cup vegetable flakes
- 1/3 cup onion flakes
- 2 chicken bouillon cubes
- ½ cup sliced green olives
- ½ cup sliced ripe olives
- 1 can (10 oz.) sliced mushrooms, drained
- 1 cup chopped tart apple
- 1 large unpeeled orange, coarsely chopped
- 1 tablespoon ground sage
- ¼ teaspoon ground black pepper
- 1/16 teaspoon instant garlic powder
- 8 lb. ready-to-cook goose
- 2 teaspoons salt
- Curly endive
- Crab apples

Cook wild rice according to package directions until nearly tender, about 40 minutes. Reserve. In the meantime place the next 5 ingredients in a deep saucepan. Bring to a boil, reduce heat, stir once, cover and cook slowly until all liquid is absorbed, about 15 minutes. In a large bowl combine cooked wild rice, rice-vegetable mixture and next 8 ingredients. Toss gently to blend. Wash goose and rub inside and out with salt. Stuff cavity and fasten with skewers. Place, breast side up, on a rack in a shallow pan. Roast in a preheated moderate oven (325° F.) 3½ hours or until drumstick moves up and down easily. Before serving garnish with curly endive and crab apples.

YIELD: 6 servings.

Sage Cheese Bread

- 1 package (13¾ oz.) hot roll mix
- 1 egg
- ½ cup grated Cheddar cheese
- 1½ teaspoons ground sage

Pour $\frac{3}{4}$ cup warm (not hot) water into a medium-size mixing bowl. Sprinkle yeast from the hot roll mix over water; stir until dissolved. Stir in egg, cheese and sage. Add flour mixture from package; blend well. Cover and let rise in a warm place until double in size, 30 to 45 minutes. Shape dough and place in a greased 8½ x 4½ x 2½-inch loaf pan. Let rise again until double in size. Bake in a preheated moderate oven (350° F.) 30 to 40 minutes or until nicely browned. Cool and slice.

YIELD: 1 loaf.

Stuffed Pork Chop Roast

- 1 tablespoon shortening
- 2 tablespoons instant minced onions
- 5 cups soft bread cubes
- ¼ cup celery flakes
- 1½ cups chopped unpeeled apples
- ¼ cup brown sugar
- 1½ teaspoons salt
- ½ teaspoon sage
- 6 pork chops, 1-inch thick (about 2 lbs.)

Melt shortening in a skillet. Add onion and sauté for 2 minutes. Combine with soft bread cubes, celery flakes, apples, brown sugar, salt and sage. Stand one pork chop, fat side up, in the end of an ungreased (2 quart) loaf baking pan. Alternate remaining pork chops and stuffing, using about one cup stuffing between each chop. Bake at 350° F. for 1½ hours.

YIELD: 6 servings.

Turkey Noodle Casserole

- 2 packages (10 oz. each) frozen broccoli spears, cooked, drained and cut into 1-inch pieces
- 1 package (8 oz.) medium-width noodles
- 3 cups cooked diced turkey
- 2 cans (10½ oz. each) cream of mushroom soup
- 1½ cups milk
- 2 tablespoons diced pimento
- 1 tablespoon instant minced onion
- 1 teaspoon ground sage
- 1/16 teaspoon cayenne

Layer half of the broccoli, noodles and turkey in a 2½ quart casserole. In a small bowl combine soup with remaining ingredients; mix well. Pour half of the soup mixture over turkey. Layer remaining broccoli, noodles and turkey in casserole. Pour remaining soup over all. Bake, uncovered, in a preheated moderate oven (350° F.) 30 minutes or until bubbly.

YIELD: 8 portions.

Green Stuffed Peppers

- 6 medium-size green peppers
- 1 lb. ground beef
- 1 tablespoon oil
- ¼ cup instant minced onion
- 4 tablespoons tomato sauce
- 1 cup soft bread crumbs
- ½ teaspoon sweet basil
- 2 teaspoons monosodium glutamate
- ½ teaspoon sage
- ¼ cup hot water

Wash peppers, cut off tops and remove seed, leaving peppers whole. Steam 5 minutes. Brown beef in hot oil; add onions, tomato sauce, bread crumbs, sweet basil, monosodium glutamate, salt and sage. Fill peppers with meat mixture and place in a baking dish. Add hot water to dish with peppers. Cover and bake in 350° F. for 50 minutes.

YIELD: 6 servings.

Ginger (*Zingiber officinale* Rosc.)

IT'S QUITE LIKELY that a careful examination of the world's best recipes would show that ginger appears in as many — if not more — meat, fish and main dishes than in desserts. This would surely be true of the meats of the Hawaiian Islands, the South Pacific and large parts of the Orient — chicken, duck, beef, spareribs and pork generally. Many curry dishes would lack authenticity if cooked without a piece of whole ginger. Ginger's way with meats has been known for at least 1,900 years, for at that time the ancient Greek doctor, Dioscorides, went on record that "it is right good with meats."

When correct amounts of ginger are used with meats, these foods simply taste more deliciously meat-like but are without a noticeable taste of ginger. Whether to use ground ginger or the whole root depends on the cooking method. When the ginger flavour is to be distributed through the seasoned flour in which chicken, liver slices, etc. are to be dipped, ground ginger would have to be used. When preparing stewed chicken or chicken soup it is preferable to use a bit of whole root which can be removed from the sauce or soup and discarded after some 30 minutes of cooking.

Cracked ginger is used in mixed pickling spice, as are other whole spices because whole spices release their aroma in boiling clear mixtures without clouding them as would that same amount of ground spice.

Ginger Browned Rice

- 2 tablespoons butter or margarine
- 1 cup raw regular cooking rice
- 1 can (10½ oz.) chicken broth
- ½ teaspoon ground ginger
- 1/16 teaspoon ground black pepper

In a medium skillet melt butter. Add rice and brown well, stirring constantly. Gradually add broth and 1 cup water. Stir in ginger and black pepper. Bring to boiling point. Reduce heat, cover and simmer 20 to 25 minutes or until rice is tender.

YIELD: 4 to 6 portions.

Ginger Orange Rice

- 2 tablespoons onion flakes
- 2 tablespoons water
- 3 tablespoons butter or margarine
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon poultry seasoning
- $\frac{1}{8}$ teaspoon ground black pepper
- 2 teaspoons grated orange peel
- $\frac{1}{2}$ cup orange juice
- 2 cups chicken bouillon or 2 cups water and 2 chicken bouillon cubes
- 1 tablespoon parsley flakes
- 1 cup long grain rice

Combine onion flakes and water; let stand 10 minutes for onion to soften. In a saucepan melt butter or margarine; add softened onion and cook over low heat until onions are golden. Blend in ginger, poultry seasoning, ground black pepper and orange peel. Add orange juice and bouillon and bring to a boil. Add parsley flakes and rice. Stir once with a fork. Cover tightly; turn heat very low and simmer slowly 25 minutes or until rice is tender and all liquid is absorbed. Stir again with a fork before serving. Serve with poultry, ham or pork.

YIELD: 6 servings.

Gingerbread

- 2 cups sifted all-purpose flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 2 teaspoons ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ cup shortening
- $\frac{2}{3}$ cup firmly packed brown sugar
- $\frac{1}{2}$ cup molasses
- 2 eggs
- $\frac{2}{3}$ cup water

Set oven for moderately low, 325° F. Grease an 8 x 8 x 2-inch pan. Sift together the flour and next 6 ingredients. Cream the shortening until smooth. Gradually add the sugar and continue creaming until light. Add the molasses and beat until well blended. Add eggs, one at a time; beating to blend after each addition. Continue beating until mixture is light and fluffy. Add the flour mixture to the sugar mixture alternately with the water, a little at a time, beginning and ending with flour. After each addition, stir just enough to blend ingredients. Spread batter in pan. Bake 50 to 60 minutes, or until a cake tester inserted in the center comes out clean. Serve warm or cold. This gingerbread is delicious with lemon sauce.

YIELD: 8 or 9 servings.

Gingered Pork and Cabbage

- 2 lbs. boneless pork shoulder, cut into 1 inch pieces
- 1 tablespoon salad oil
- 1 can (10½ oz.) beef broth
- 2 tablespoons soy sauce
- 2 teaspoons instant minced onion
- 1 teaspoon ground ginger
- $\frac{1}{8}$ teaspoon instant minced garlic
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 can (10 oz.) sliced mushrooms, drained
- $\frac{1}{4}$ cup mushroom liquid
- 4 cups coarsely shredded cabbage
- Cooked broad noodles

In a Dutch oven, brown meat well in hot oil, stirring often. Combine next 6 ingredients and add to browned meat. Bring to boil. Reduce heat and simmer, covered, about 1½ hours or until meat is tender. Add mushrooms, mushroom liquid and cabbage. Cook uncovered 5 minutes. Cover and simmer another 10 minutes or until cabbage is crisp-tender. Serve on hot cooked noodles.

YIELD: 4 to 6 servings.

Ginger Refrigerator Cookies

- 3½ cups sifted all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 cup butter or margarine
- 1 cup sugar
- 1 egg
- $\frac{1}{3}$ cup molasses
- 1 cup chopped blanched almonds

Sift together flour and next 5 ingredients. Cream butter until smooth. Gradually add sugar and continue creaming until light. Add egg and molasses and beat until fluffy. Add about a third of the sifted dry ingredients to the creamed mixture. Stir just until blended. Add and stir in the nuts. Add remaining dry ingredients in 2 parts; stir after each addition just until blended. Turn dough out onto floured board; knead about 5 turns, or until dough is smooth. Divide dough in thirds. Shape each part into a roll about 2 inches in diameter and wrap in waxed paper. Chill several hours or overnight. Set oven for moderate, 350° F. Grease cookie sheets. Remove paper from dough. Cut dough in slices about ¼-inch thick; use a metal spatula to place on cookie sheets. Bake 8 to 10 minutes, or until crisp. Remove cookies from pans and cool on a wire rack.

YIELD: 7 dozen.

Pumpkin Custard

- 1 package (3¾ oz.) instant vanilla pudding mix
- 1 cup cooked mashed pumpkin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon grated orange peel

Prepare pudding mix according to package directions, substituting light cream for milk. Stir in remaining ingredients; mix well. Pour into serving dishes and chill until set. Garnish with shredded toasted coconut, if desired.

YIELD: 6 portions.

The Brigadier's India Chutney

- 12 green apples, pared
- 12 firm red tomatoes, peeled
- 3 medium-sized onions, peeled
- 1 green pepper, seeded
- 3 cups white vinegar
- 1 lb. brown sugar
- 3 tablespoons dry mustard
- 1 tablespoon ground cloves
- 1 tablespoon ground ginger
- 2 tablespoons salt
- ¼ cup pickling spice
- 1 lb. seedless raisins

Coarsely chop the apples, tomatoes, onions and green pepper. Into a preserving kettle, put the vinegar, sugar, mustard, cloves, ginger and salt. Tie the pickling spice in a double thickness of cheesecloth or a small cloth bag; put into the vinegar mixture, with the raisins and chopped fruits and vegetables. Bring to a boil over medium heat. Reduce heat to a low and simmer 1½ hours, stirring frequently. Remove spice bag. Pour the mixture into hot sterilized jars. Seal at once.

YIELD: 4 pints.

Plum Chutney

Gives baked ham a real fillip!

- 2 lbs. plums
- 3 to 4 tart apples
- 1½ cups seedless raisins
- 2 medium chopped onions
- 3 cups white vinegar
- 1½ cups sugar
- 1 tablespoon salt
- 2/3 teaspoon ground ginger
- 3 teaspoons whole cloves
- 1 stick cinnamon
- 1 teaspoon whole allspice

Cut plums into quarters and remove stones. Peel, core and chop apples. Mix the three fruits with the chopped onion in a large kettle.

Add remaining ingredients, tying the whole spices loosely in a cheesecloth bag. Simmer gently, stirring occasionally until chutney is as thick as apple butter. Remove spice bag. Ladle chutney into sterilized jars and seal tightly. If decorative jars are used, seal the top of the chutney with melted paraffin wax.

Crusty Peach Cobbler

- 3 cups sliced fresh peaches
- ¼ cup sugar
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 1 teaspoon almond extract
- ½ teaspoon cinnamon
- ¼ teaspoon ginger

Arrange peaches in greased 8-inch square baking pan. Sprinkle with mixture of ¼ cup sugar, almond extract, lemon juice, peel and spices. Heat in the oven while preparing the topping, as follows:

- 1½ cups flour
- ½ teaspoon salt
- 3 tablespoons baking powder
- 1 tablespoon sugar
- 1/3 cup shortening
- ½ cup milk
- 1 well beaten egg

Sift together flour, salt, baking powder, and 1 tablespoon sugar; cut in the shortening until mixture is like coarse crumbs. Add milk and egg together; stir just until flour is moistened. Spread dough over hot peach mixture. Sprinkle with 2 tablespoons sugar. Bake in a hot oven, 400° F. for 40 minutes.

Strup Nanas Djahe

(Pineapple Ginger Syrup)

- 1 can (8¼ oz.) crushed pineapple
- 1½ cups sugar
- 1 tablespoon lemon juice
- 1 teaspoon ground ginger
- 1/16 teaspoon salt

In a medium saucepan combine 1½ cups water with all ingredients. Bring to boiling point. Reduce heat, simmer uncovered 30 minutes. Strain syrup. To serve, spoon 2 tablespoons syrup into an 8-ounce glass filled with crushed ice. Drink with a straw.

YIELD: Approximately 1-2/3 cups syrup.

Pickles are enhanced by four interesting spices: Whole allspice — a delicately fragrant spice that tastes like a combination of cinnamon, nutmeg and cloves.

Whole cloves — the nail-shaped flower bud that is so pungent, yet so sweet.

Stick Cinnamon — a reddish brown bark that has an agreeable aromatic aroma and a pungently sweet taste.

Ginger — the root of a tuberous plant. It's light buff colour and distinctively aromatic with a spicy-sweet pungent flavour.

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THE SYMBOL OF QUALITY

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CANADIAN SPICE ASSOCIATION

A large, circular wreath of various spices and vegetables surrounds the title. The wreath includes a red tomato, a red fish, a carrot, a bunch of blackberries, a green bell pepper, a red bell pepper, a purple onion, a white onion, and several sprigs of herbs and flowers.

*Canadian
Spice
Manual
and
Cookbook*



IT'S "PENNY WISE, POUND FOOLISH" TO SAVE BITS OF TIRED OLD SPICES

MANY A MODERN HOMEMAKER who is quite realistic about ridding her closet of outmoded clothes and unbecoming hats never thinks of "sorting out" her spice shelf. Spices can go out of date very easily, especially if ground; it is only sensible to get rid of tag-ends which have lost their true and enchanting aroma.

The flavour of spices arises from natural oils which appear in the cell structure of the fruit, bark, leaf or other aromatic part of the plant used for a spice. After the spice is ground the volatile oils are exposed to air and gradually start to lose strength.

We cannot see this happening for these natural oils fly away in invisible particles, leaving behind an exhausted powder or crumbled leaves. Compare such a lingering remainder with a newly opened container of that same spice and there's an amazing difference.

The spices used in a dish cost so little, just pennies, that it is false economy to risk the flavour of a dish made with other ingredients which cost much more.

You can help protect the aroma of your new stock of spices by observing these simple rules.

Close the container firmly after each use.

Store your spices in the coolest, driest, darkest place in the kitchen, away from stove heat and bright sunlight.

Date each container upon purchase and use your spices often for they add greatly to the enjoyment of food.

55 WAYS TO USE SPICE

1. A little chili powder in scrambled eggs.
2. A little powdered mustard in cheese omelets.
3. A little celery salt in shirred eggs.
4. A little poultry seasoning in devilled eggs.
5. A little chili powder over bacon when frying and fry eggs in the flavoured grease.
6. A sprinkle of garlic salt and cayenne pepper on liver when frying.
7. A bit of nutmeg in chicken croquette mix.
8. A trace of mace in salmon loaf.
9. A bit of nutmeg in French toast butter.
10. A dash of thyme or garlic salt in stew.
11. A bit of garlic salt and chili powder in Mexican stew.
12. Caraway seed in beef stew makes Hungarian stew.
13. Season ground beef with thyme or curry powder or poultry seasoning.
14. Sprinkle chopped basil over lamb chops before cooking.
15. Add bay leaf and whole peppercorns to tomato sauce for cod.

16. Nutmeg is extra good in meat loaf.
17. Use chili powder in meat loaf.
18. Sprinkle roast lamb with garlic salt.
19. Before cooking mutton, either braised or roasted, rub with a mixture of salt, pepper, brown sugar, nutmeg and cayenne pepper.
20. Use a dash of allspice in mutton or lamb patties and loaves.
21. Sprinkle ginger over sausage when frying, result Creole sausage.
22. Sprinkle poultry seasoning or sage over pork chops.
23. Sprinkle caraway seed over pork chops.
24. Sprinkle a little caraway seed over liver.
25. Sprinkle caraway seed or sage over roast pork.
26. Add thyme to boiling tongue.
27. Garnish cabbage salad in cream dressing with caraway seed and paprika.
28. Chili powder is a flavoursome garnish for vegetable salad.
29. Add a pinch of chili powder to potato salad.
30. Add onion salt and celery seed to grated raw carrots for potato pancakes.
31. Add a dash of mace to fish or chicken salad.
32. Use marjoram and parsley for chicken stuffing.
33. Add a dash of mace to plain cookie doughs.
34. For variation in mayonnaise dressing, add a dash of curry powder — use with chicken, sardine or egg salads.
35. Add prepared mustard to mayonnaise — use with meat salads.
36. Use poppy seed in your favourite dips.
37. A sprinkle of nutmeg over buttered carrots.
38. A bit of chili powder to corn fritters.
39. A bit of sage to onions — boiling or creaming.
40. A bit of mint or mace to peas.
41. Marjoram or thyme to chicken pot pie.
42. ¼ teaspoon each ground ginger, dried tarragon and ground cinnamon for beef pie.
43. Use mace, cinnamon, nutmeg, allspice or ground ginger to flavour applesauce.
44. Thyme and fresh tomatoes go together like hand and glove.
45. Try turmeric in creamed eggs, fish and seafood.
46. Use rosemary on lamb dishes, in soups and stews. Sprinkle on beef before roasting.
47. Add poppy seeds to buttered noodles, mix thoroughly.
48. Rub chicken inside and out with a mixture of ginger and butter before roasting.
49. Add oregano to meat sauce for spaghetti.
50. Rub ground coriander on pork before roasting.
51. Add chervil to omelet, green salad, welsh rabbit, cheese spread or stir into melted butter for green vegetables.
52. Use tarragon for fish or egg salads or blend with butter to pour over broiled steak or sprinkle over cottage cheese salad.
53. Mix rosemary into biscuit or dumpling batter to serve with meat. Use in stew or meat loaf.
54. Try savory in any dish made with dried peas, beans or lentils. Add to scrambled eggs. Sprinkle over baked or broiled fish before serving.
55. Place bay leaf in water when boiling beets, onions or potatoes, crush and add to tomato juice, soup or aspic.

Sesame Seed (*Sesamum indicum* L.)

SEEDS OF AN ANNUAL PLANT of the *Sesamum* family. Also known as "Benne" or "Bene" seed.

It is a native of Asia. We import most of ours from Nicaragua, Salvador, Egypt and Brazil. A domestic variety is now grown in Texas for use mainly as an oil seed.

The small, oval-shaped, shiny seed is rarely more than $\frac{1}{8}$ of an inch in length. The hulled seed is pearly-white in colour and the unhulled seed varies to black. This herb grows one to two feet in height and has colourful flowers. The seeds form in the blossoms. Sesame Seed has a rich, toasted-nut flavour when baked on rolls, bread and buns.

It is available hulled or unhulled, but is seldom ground. It is usually sold hulled. It is used by bakers on cookies, rolls, breads, crumpets, scones and biscuits. Many tons are required for the delicious Jewish candy Halvah, and other confections. Homemakers have recently become more aware of the merits of Sesame and have found its flavour is good in any dish where almond flavour might be used.

Sesame Seed Oriental Stuffing

- 1 tablespoon instant minced onion
- 1 tablespoon water
- 1 tablespoon olive or salad oil
- 1 cup canned bean sprouts
- 3 tablespoons soy sauce
- 1 cup cooked rice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon instant garlic powder
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 teaspoon fresh lemon juice
- $\frac{1}{3}$ cup toasted sesame seed

Add water to instant minced onion and set aside for 10 minutes. Heat olive or salad oil in a saucepan and stir in softened onion. Cook over low heat until onion is golden. Remove from heat and stir in all ingredients. Mix well with a fork, being careful not to mash rice. Use to fill cavity of a 4 lb. fresh fish or fowl.

YIELD: Sufficient stuffing for 4 lb. fish or fowl.

Bayou "Benne" Pie

This dreamy pie with its unusual sesame seed topping is so rich that smaller portions than usual are recommended.

- 3 eggs, lightly beaten
- 1 cup dark corn syrup
- $\frac{1}{2}$ cup light corn syrup
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 2 tablespoons butter or margarine, melted
- $\frac{1}{3}$ cup sesame seed
- Unbaked 9-inch flaky pastry shell

In small mixer bowl combine eggs, dark and light corn syrups, vanilla and salt. Mix

well at medium speed. Blend in flour, cinnamon and nutmeg, then melted butter. Turn into unbaked pastry shell. Sprinkle sesame seed over top. Bake in preheated moderate oven (375 F.) 40 minutes or until firm.

YIELD: One 9-inch pie or 8 portions.

Chicken Fricassee with Sesame Seed Dumplings

- $\frac{1}{4}$ cup flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 3 lbs. chicken legs and thighs
- 2 tablespoons butter or margarine
- 1 tablespoon instant minced onion
- 1 fresh carrot, finely shredded
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon thyme leaves
- $\frac{1}{2}$ teaspoon marjoram leaves
- $\frac{1}{2}$ teaspoon rosemary, crushed
- 1 bay leaf, crumbled
- 3 cups water
- 2 cups prepared biscuit mix
- 2 tablespoons toasted sesame seed
- 2 large eggs, well beaten
- $\frac{1}{4}$ cup milk

Combine flour, salt and ground black pepper. Wash chicken, pat dry and dredge well with seasoned flour. Melt butter or margarine in a Dutch oven or heavy skillet, add chicken and cook over low heat until golden. Add next 8 ingredients and stir to mix well. Bring to boiling point, lower heat, cover and cook 30 minutes or until chicken is tender. Combine the next 4 ingredients and stir with a fork to mix well. Drop by tablespoonfuls into chicken, cover and cook 12 minutes without lifting the top. Remove chicken and dumplings to a platter. Serve immediately.

YIELD: 6 servings.

Herb and Seed Nibblers

USE THE CRACKERS of your choice, rye wafers, saltines, or other bite size bits. Brush with melted butter and sprinkle with oregano, sweet basil, barbecue spice or a dash of onion salt, garlic, chili powder or paprika, sesame, poppy, celery, dill or caraway seed: to add a gay note and grand flavour.

Place crackers on a cookie sheet in a moderate oven till crisp and hot.

Celery Seed Bread Sticks

1 sandwich loaf Melted butter
½ cup grated cheese (optional)
Celery seed

Remove crusts from all of loaf. Starting at a corner, cut inch thick slices from loaf, cut slices into thick fingers. Brush all sides of sticks with melted butter. Sprinkle with grated cheese and celery seed. Place on ungreased baking sheet.

Bake in a hot oven (400° F.) until golden brown, about 8 to 10 minutes. Serve hot.

N.B. Use your favourite spice or crushed herbs instead of celery seed.



Sesame Chess Pie

This Sesame Seed Chess Pie is as southern as sugar pie, jelly pie and pecan pie. A luscious dessert for dressing up a light meal, or as a "come to our house for dessert and coffee" occasion specialty.

½ cup butter or margarine
1½ cups granulated sugar
6 tablespoons all-purpose flour
¼ teaspoon salt 3 eggs, lightly beaten
½ cup light cream or milk
1 teaspoon pure vanilla extract
⅓ cup sesame seed
Unbaked 9-inch flaky pastry shell

Cream butter. Add sugar gradually and continue creaming mixture. Add flour and salt. Blend well. Add eggs; blend well. Gradually blend cream and vanilla into butter mixture. Do not over-mix. Turn into unbaked flaky pastry shell. Sprinkle sesame seed over top of filling. Bake in preheated moderate oven (350°F.) 45 minutes.

YIELD: One 9-inch pie or 8 portions.

Open Sesame Pie

*This Sesame Seed Pie Shell will give new flavour dimension to custard, butterscotch, chocolate cream or a long list of chiffon and meringue pies.

Sesame Pie Shell

1 cup sifted all-purpose flour
½ teaspoon salt
4 tablespoons toasted sesame seed
⅓ cup shortening
3 to 4 tablespoons cold water
Date chiffon filling

In mixing bowl combine flour, salt and sesame seed. Cut in shortening; add water and mix well. Roll out dough; fit into 9-inch pie plate and flute edge. Prick generously with fork. Bake in hot oven (450° F.) 10 to 12 minutes until golden brown. Cool. Spoon date chiffon filling into pie shell.

Date Chiffon Filling

1 envelope unflavoured gelatine
1 cup milk
2 eggs, separated 6 tablespoons sugar
¼ teaspoon salt
1 teaspoon pure vanilla extract
¾ cup heavy cream, whipped
1 cup pitted dates, cut into small pieces
Baked sesame pie shell

Soften gelatine in ¼ cup cold water; set aside. In saucepan or top part of double boiler combine milk, egg yolks, ¼ cup of the sugar and salt. Cook over low heat or hot water, stirring constantly until mixture coats a metal spoon. Add softened gelatine and stir until dissolved. Add vanilla. Chill until almost set, stirring occasionally. Fold in whipped cream and dates. Beat egg whites until soft peaks are formed. Add remaining 2 tablespoons sugar gradually; continue beating until stiff peaks are formed. Fold into date mixture. Spoon into baked Sesame Pie Shell. Chill until firm.

YIELD: One 9-inch pie or 8 portions.

Sesame Seed Bologna Casserole

- 1 tablespoon instant minced onion
- $\frac{1}{8}$ teaspoon instant minced garlic
- 1 tablespoon water
- 3 cups Bologna, cut in small cubes
- 3 tablespoons butter or margarine
- 1 can (10½-oz.) cream of celery soup
- 3 tablespoons toasted sesame seed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 pkg. (8 oz.) broad noodles
- 1 tablespoon sweet pepper flakes
- $\frac{1}{2}$ cup buttered, soft bread crumbs
- 2 tablespoons toasted sesame seed

Mix instant minced onion, instant minced garlic and water. Let stand 10 minutes. Sauté softened onion and garlic and Bologna in butter or margarine until vegetables are lightly browned. Add next 4 ingredients. Mix well. In the meantime, cook noodles and sweet pepper flakes in boiling salted water according to noodle package directions. Drain. Fill a greased $1\frac{1}{2}$ quart casserole with alternate layers of noodles and Bologna mixture, beginning with noodles and ending with Bologna. Sprinkle with combined bread crumbs and sesame seed. Bake in a preheated moderate oven (350° F.) for 35 minutes or until crumbs are brown.

YIELD: 6 servings.

Horseradish Sauce

- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{8}$ teaspoon salt
- Dash pepper
- 1 teaspoon sugar
- $\frac{1}{4}$ cup prepared horseradish
- $\frac{3}{4}$ cup cream

Melt butter, add flour, seasonings, sugar and horseradish. Stir until well blended. Add cream and cook until thickened, stirring constantly. Simmer 10 minutes. Thin with milk or water if too thick. Makes 1 cup.

Mixed Herbs

- 1 bay leaf (crushed)
- 1 teaspoon thyme
- 1 teaspoon sweet basil
- 2 teaspoons dried parsley
- 1 teaspoon marjoram
- Salt and pepper to taste

One hour before meat is to be cooked mix the herbs, and crushed bay leaf, salt and pepper together and add enough olive oil or salad oil to make them stick together. Set aside.

Mix $\frac{1}{4}$ cup onion flakes and 1 teaspoon celery salt together. The onion flakes are first soaked in cold water.

To Toast Sesame Seeds

Spread a thin layer of sesame seed in a large shallow baking pan. Toast in a preheated moderate oven (350° F.) 20 to 22 minutes or until lightly browned.

Sesame Seed Crescents

- 2½ cups sifted all-purpose flour
- 1 teaspoon double-acting baking powder
- 1½ teaspoons ground mace
- $\frac{1}{4}$ teaspoon salt
- 1 cup sugar
- $\frac{2}{3}$ cup butter or margarine
- 1 egg, lightly beaten
- Toasted sesame seed

Sift together flour, baking powder, mace and salt. Gradually stir sugar into softened butter or margarine. Beat in egg. Add flour mixture gradually, mixing after each addition. Let dough stand 30 minutes at room temperature. With fingers, on waxed paper, roll one rounded teaspoon of dough at a time into a roll two inches long. Roll in toasted sesame seed. Place on ungreased cookie sheets. Curve ends. Bake in preheated moderate oven 375° F. 20 minutes or until lightly browned around the edges. Cool on wire rack. Store in a tightly closed cookie jar or box.

YIELD: 4 dozen.

Paprika Pilot Crackers

Spread pilot crackers with butter or margarine. Sprinkle with paprika and place under broiler to brown lightly.

Sardine Snacks

- 8 slices bread with crusts removed
- Melted butter or margarine
- $\frac{1}{2}$ cup chili sauce
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{8}$ teaspoon instant minced garlic
- 1 can (3½ oz.) small sardines, drained
- 2 teaspoons lemon juice
- 1 cup grated processed Cheddar cheese

Toast bread and brush with butter. Combine the chili sauce, chili powder and garlic and spread mixture on the toast; cut each slice into 4 strips and arrange on a baking sheet. Lay a sardine on each strip; sprinkle with 1 or 2 drops of lemon juice and a half tablespoon of cheese. Place in a preheated broiler about 4 inches from the heat. until the cheese melts and turns light brown.

YIELD: 32 snacks.

Curry

WHILE IT TAKES 24 hours, more or less, to jet to Bombay, India from any airport in this country, the quickest way to create an Indian atmosphere is to open a container of curry powder and breathe in its exotic aroma.

The word "curry" means simply "sauce" in India, a richly spiced sauce. It can be thick, thin or medium. It can cover meat, fowl, seafood, vegetables or almost anything not sweet. Whether very pungent as are the curries of southern India, or milder as preferred in the north, there are as many varieties of curries as there are cooks in India. There are, for instance, *kormas* or dry curries in which the sauce clings to the meat or other solid food; *vindaloos*, which must be marinated for a day in a tart, spiced sauce; *koftas*, meaning meat balls in a curry sauce. Very popular is a "wide-mouth curry" which is a mixture of meats, vegetables, nuts, lentils in a spiced sauce.

While Indian cooks begin each curry by grinding or crushing the different spices needed, convenience-minded homemakers in Canada prefer to use a carefully blended curry powder. All commercial curry powders are richly aromatic blends of different spices, more or less pungent. Curry powder formulas vary, but all are sure to include cayenne, coriander, cumin, fenugreek and turmeric. They may also contain one or more spices such as allspice, cassia, cardamom and cloves.

Curried Shrimp Balls

- 3 cans (4½ ounce size) cooked, de-veined shrimp
- 1 tablespoon instant minced onion
- 1 tablespoon water
- 2 eggs
- 1 teaspoon ground coriander
- 1 teaspoon salt
- ½ teaspoon ground cumin seed
- ¼ teaspoon powdered mustard
- ¼ teaspoon cayenne
- ½ teaspoon ground turmeric
- ⅛ teaspoon instant garlic powder
- 3 tablespoons flour
- 1/3 cup water
- ½ cup vegetable shortening
- Curry Sauce
- ¼ cup evaporated milk or coconut milk
- 1 teaspoon fresh lemon juice

Put shrimp in food blender and finely chop. Soften instant minced onion in the 1 tablespoon water and add. Blend in next 9 ingredients until paste-like. Add water; cook 5 minutes or until mixture pulls away from pan. Shape into 1 to 2 inch balls. Brown in hot shortening. Drain. Add to Curry Sauce. Cook gently 5 minutes. Add milk and heat another 2 minutes. Add lemon juice. Serve on rice.

Lamb Korma

- 2 pounds boneless lamb
- ½ cup yogurt
- 1 teaspoon ground cumin seed
- 1 teaspoon ground turmeric
- 3 tablespoons salad oil
- 2/3 cup onion flakes
- ½ teaspoon instant minced garlic
- 1 tablespoon curry powder
- 2½ teaspoons salt
- 1 teaspoon lemon juice
- 2 tablespoons grated coconut
- Hot cooked rice

Trim and discard excess fat from lamb; cut into 1 inch cubes. Blend together yogurt, cumin and turmeric. Add lamb cubes and marinate one or more hours. Remove lamb from marinade and sauté in large saucepan in 1 tablespoon of the oil. Meantime mix onion flakes and instant minced garlic in ½ cup water; let stand 8 minutes to soften. Add to saucepan with the remaining 2 tablespoons oil and sauté until golden. Add curry powder and salt. Cook, stirring, 2 minutes. Cover saucepan tightly and cook slowly 20 minutes or until lamb is tender. Add 1 cup water. Stir to form smooth gravy. Cover and continue cooking 25 minutes. Add lemon juice and coconut just before serving. Serve with rice.

YIELD: 6 servings.

Shrimp Curry

- 4 *tablespoons butter or margarine*
- 4 *tablespoons flour*
- 4 *teaspoons curry powder*
- 2 *cups milk*
- $\frac{1}{2}$ *teaspoon salt*
- $\frac{1}{4}$ *teaspoon ground black pepper*
- $\frac{1}{4}$ *teaspoon ground ginger*
- 1 *pound shrimp, canned or cooked fresh*
- 5 *cups hot cooked rice*

Melt butter in saucepan. Add flour and curry powder; blend well. Remove from heat. Add milk gradually, stirring until smooth. Return to heat and cook until thickened, stirring constantly. Add salt, black pepper and ginger. Fold in shrimp and heat thoroughly. Serve with rice.

YIELD: 4 servings.

Kedgeree

- 2 *pound halibut*
- 3 *tablespoons butter or margarine*
- $\frac{1}{4}$ *cup onion flakes*
- 1 *teaspoon salt*
- $\frac{1}{16}$ *teaspoon ground black pepper*
- 1 *cup rice*
- 2 *teaspoons instant minced onion*
- 1 *teaspoon salt*
- 2 *cups white sauce*
- 1 *cup strained fish stock*
- 1 *cup milk*
- 1 *tablespoon curry powder*
- 2 *hard cooked eggs, diced*

Cut fish into large pieces. Add $2\frac{1}{2}$ cups water, 1 tablespoon of the butter, onion flakes, salt and pepper. Bring to boiling point; reduce to low heat and cook until fish is tender, about 30 minutes. Meantime, melt remaining 2 tablespoons butter in medium-sized saucepan. Add rice and cook, stirring constantly, until browned. Add $2\frac{1}{2}$ cups boiling water, minced onion and salt. Simmer, covered, 25 to 30 minutes or until liquid is absorbed and rice is tender. Remove fish; set aside. Strain and reserve fish stock. Prepare sauce mix according to package directions, using fish stock, milk and 1 cup water as liquid. Add curry powder and cook as directed. Add eggs. Combine with rice; add fish and heat 5 minutes. Serve hot.

YIELD: 6 servings.

Chicken Curry

- 2 *chickens jointed*
- 2 *teaspoons curry powder*
- 2 *teaspoons ground mustard seeds*
- 1 *teaspoon ground ginger*
- 2 *tablespoons ground coriander*
- 1 *teaspoon ground chillies*
- 2 *teaspoons ground cumin seeds*
- 4 *cloves of garlic (finely chopped)*
- 2 *onions (finely chopped)*
- 1 *tablespoon fat*
- Salt to taste
- Coconut milk as required
- Lemon Juice to taste

Method: Mix ingredients 2 to 7. Cook onion and cloves of garlic in fat but do not brown them. Add curry mixture and fry in it chickens for about 5 to 7 minutes. Now add coconut milk (just sufficient to cover chicken). Simmer the whole thing gently, with pan uncovered, until the gravy starts thickening and chicken is tender. Add lemon juice and salt.



Quick Spinach With Curry Sauce

- 3 *pkgs. (10 oz. each) frozen chopped spinach*
- $1\frac{1}{2}$ *tablespoons butter or margarine*
- $1\frac{1}{2}$ *tablespoons flour*
- 1 *teaspoon curry powder*
- $\frac{1}{4}$ *teaspoon salt*
- $\frac{1}{16}$ *teaspoon ground black pepper*
- $\frac{1}{2}$ *cup heavy cream*
- $\frac{1}{4}$ *cup milk*
- $\frac{1}{2}$ *teaspoon lemon juice*
- 2 *large hard-cooked eggs*
- $\frac{1}{8}$ *teaspoon crushed red pepper*

Cook spinach according to package directions. Drain and reserve $\frac{1}{4}$ cup of the liquid. Keep spinach hot until serving time. In a small saucepan melt butter or margarine. Blend in flour, curry powder, and salt, and ground black pepper. Combine the $\frac{1}{4}$ cup spinach liquid, cream, and milk. Add to flour mixture. Cook over low heat, stirring constantly until thickened smooth. Stir lemon juice into the sauce. Shell hard-cooked eggs, cut apart and separate whites from yolks. Coarsely chop whites and sieve the yolks. Serve spinach topped with curry sauce and garnish with hard-cooked egg whites and sprinkle on sieved yolks and crushed red pepper.

YIELD: 6 servings.

Curry Sauce

- $\frac{1}{4}$ *cup instant minced onion*
- $\frac{1}{4}$ *cup water*
- 2 *tablespoons vegetable oil or shortening*
- $1\frac{1}{4}$ *teaspoons curry powder*
- $\frac{1}{8}$ *teaspoon instant garlic powder*
- $\frac{3}{4}$ *teaspoon salt*
- $1\frac{1}{4}$ *cups water*

Soften instant minced onion in water for about 10 minutes; brown lightly in vegetable oil or shortening. Add curry powder and garlic powder. Stir and cook 1 to 2 minutes. Add salt and water. Cook 10 minutes to form a medium thick sauce.

YIELD: 6 servings.

Onion Powder *(Allium capa L.)*

INSTANT ONION POWDER HAS CORRECT-THE-SEASONING POWER

"CORRECT THE SEASONING" as experienced cooks know, means tasting critically and adding, if needed, a bit more salt, a few grains of sugar, a pinch of pepper or one of the many forms of instant onion.

If it's a dish other than dessert it's likely that a last-minute boost in onion flavour is indicated. At this point the modern cook reaches for one of the convenient forms of dehydrated onion. Dehydrated onion first reached the spice shelf in 1935 and today we have instant onion powder, instant minced onion, onion salt, chopped onion and onion flakes. These products are so uniformly good and so simple to use that the demand for dehydrated onion has increased ten-fold in a decade.

When you correct the seasoning of a dish about to be served, stir in instant onion powder. It releases its flavour quickly. It also blends smoothly in uncooked mixtures such as salad dressing, sandwich filling or chilled soup.

Onion salt, too, is instantly flavourful, but since part of the mixture is pure table salt it should be used where both onion and salt are needed. It's great for sprinkling over broiled meats, tossed green salads or stirring into mashed potatoes, other vegetables, or what have you.

Instant minced onion and onion flakes can be added right from the container to any mixture which contains enough liquid to let them soften. If there is no noticeable liquid in the mixture, instant minced onion should be mixed with an equal amount of water and allowed to stand for 8 to 10 minutes before use. Apply the same rules to onion flakes, except that they require just a little less water—four measures of flakes to three of water. Water is absorbed in a few minutes. Always soften onion bits in water if they are to be sautéed.

GROUND, dehydrated onions.

Onion Powder is used commercially in the manufacture of processed meats and sausages. It is excellent for flavouring any food in which the versatile onion is used. It is a convenient form of using this vegetable seasoning.

Onion Powder is an excellent seasoning for meats. Give new taste-tempting flavour to steaks by adding a dash of Onion Powder just before cooking.

ONION SALT

A COMMERCIAL mixture of table salt and Onion Powder.

It has the same general use as Onion Powder, and may be employed in addition to or in place of plain salt. It provides a distinctive flavour when added to meats, sauces and gravies. Try Onion Salt in scalloped potatoes and hamburgers.

Bavarian Supper Casserole

- 2 tablespoons instant minced onion
- 2 tablespoons water
- 3 tablespoons butter or margarine
- 1 teaspoon ground sage
- 1½ teaspoons caraway seed
- ⅛ teaspoon ground black pepper
- 2 lb. head cabbage, shredded
- ¾ lb. sliced cooked ham
- 1 teaspoon salt

Combine onion with water and allow to stand for 10 minutes to soften. Melt butter or margarine in a large heavy skillet. Add sage, caraway, ground black pepper and onion and sauté 2 minutes. Stir in cabbage. Cover and cook 10 to 15 minutes or until crisp-tender, stirring once. Toss in ham and salt and cook until ham is hot. Serve immediately.

YIELD: 6 servings.

Onion Meat Loaf

- 2 pounds ground chuck
- 1½ cups finely diced tomatoes
- 1 cup fine dry bread crumbs
- 3 tablespoons instant minced onion
- 2 tablespoons parsley flakes
- 2 tablespoons sweet pepper flakes
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 eggs, lightly beaten

Combine all ingredients and mix thoroughly. Pack into greased 9 x 5 x 3-inch loaf pan. Bake in preheated moderate oven (350° F.) 1 hour or until done. Serve hot.

YIELD: 6 servings.

Crab Bisque

- ¼ cup instant minced onion
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1 can (7½ oz.) crabmeat
- 1 can (1 lb.) tomatoes
- 1 tablespoon sweet pepper flakes
- 1 teaspoon salt
- 1 teaspoon parsley flakes
- 1 small bay leaf
- ½ teaspoon thyme leaves, crushed
- ½ teaspoon instant minced garlic
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon cayenne

Combine minced onion with ¼ cup water; let stand 8 minutes to soften. Melt butter in medium saucepan. Add flour; stir until brown. Drain liquid from crabmeat; reserve liquid and crabmeat. Add sufficient water to crab liquid to measure 1½ cups. Pour into saucepan. Add remaining ingredients except crabmeat. Bring to boil; simmer 15 minutes, stirring occasionally. Flake crabmeat and add. Cook 5 minutes longer.

YIELD: 6 servings.

Egg Salad Spread

The seasoning powder of instant onion powder makes good sandwiches even better as evidenced by this peppery tasting Egg Salad Spread.

- ½ teaspoon powdered mustard
- 6 hard cooked eggs, chopped
- 2 to 3 tablespoons sweet pickle relish
- 4 tablespoons mayonnaise
- 2 teaspoons instant onion powder
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

Mix powdered mustard with ½ teaspoon warm water and let stand 10 minutes for flavour to develop. Combine mustard with remaining ingredients. Mix well. Add additional mayonnaise if more moist spread is desired.

YIELD: Sufficient filling for 4 to 6 sandwiches or 2 cups egg salad.

Stuffed Tomatoes Grecian Style

- 6 large tomatoes
- 2 teaspoons instant minced onion
- ½ teaspoon instant minced garlic
- 1 cup cooked rice
- 1 tablespoon currants
- 1 teaspoon salt
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon instant garlic powder
- 1 teaspoon lemon juice
- 2 tablespoons olive or salad oil

Cut tops off tomatoes; scoop out pulp to within ½-inch of shells and chop fine. Blend minced onion and minced garlic with 3 tablespoons water and let stand 3 to 5 minutes. Combine with remaining ingredients. Stuff tomatoes with mixture. Pour oil over top. Bake in covered casserole in preheated moderate oven (350° F.) 20 to 25 minutes or until done.

YIELD: 6 servings.

Cut this onion bread in squares and serve it while still warm from the oven. Especially good with green salads and cold cuts.

Onion Flat Bread

- 1 package (13¾ oz.) hot roll mix
- 1/3 cup instant minced onion
- 1 tablespoon softened butter or margarine

Prepare dough following package directions. Let dough rise until double in size. Meanwhile, soften minced onion in 1/3 cup water; let stand at least 10 minutes. After first rising of dough, roll on a lightly floured board into a 9 x 13-inch rectangle. Place dough on a greased cookie sheet. Spread top with butter and sprinkle with softened onion. Let rise again until double in size. Bake in a preheated moderate oven (375° F.) 30 to 35 minutes.

YIELD: 1 bread.

Deviled Eggs in Onion Cheese Sauce

- 6 hard-cooked eggs
- 3 tablespoons mayonnaise
- 1 teaspoon instant onion powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{16}$ teaspoon ground white pepper
- 1 teaspoon vinegar
- 1 tablespoon minced pecans
- 1 package (approx. $1\frac{1}{2}$ oz.) cheese sauce mix
- 1 teaspoon instant minced onion

Shell eggs. Cut sliver from bottom of eggs so they will stand upright. From other end of eggs, cut slice about $\frac{1}{2}$ inch from top and scoop out yolks. Mash yolks with fork.

Add mayonnaise, onion powder, salt, pepper and vinegar. Mix well. Stir in nuts; spoon yolk mixture into eggs, or fill with pastry tube; place in small round casserole. Prepare cheese sauce according to directions on package. Add minced onion. Pour over eggs in casserole; cover. Bake in preheated moderate oven (350° F.) 10 minutes.



Onion Salt brings the nip of onions minus tears. It belongs in every green salad, often with tomatoes, frequently with meats, and (gently now) with fish, fowl and eggs. Use $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon for 4 servings.



Egg Cutlets with Cheese Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- Dash paprika
- $\frac{3}{4}$ teaspoon dried minced onion
- 1 teaspoon dried parsley flakes
- 4 hard cooked eggs, chopped
- Cracker crumbs
- 1 egg, slightly beaten
- 2 tablespoons water

Melt butter in top of double boiler, add flour and stir until blended. Add seasonings and milk and cook until mixture thickens.

Remove from heat, add chopped hard cooked eggs. Set aside to cool. When cold, shape into small cutlets, roll in fine cracker crumbs, dip into slightly beaten egg diluted with 2 tablespoons water, and again in crumbs. Fry in hot deep fat (about 370° F.) until brown. Serve with Cheese Sauce and buttered asparagus tips. Serves 6.

Devilled Egg Mould

- 1 envelope unflavoured gelatine
- $\frac{1}{2}$ cup water
- 1 teaspoon salt
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{3}{4}$ cup mayonnaise
- 1 teaspoon dried minced onion
- $\frac{1}{2}$ cup finely diced celery
- $\frac{1}{2}$ cup diced green pepper
- $\frac{1}{4}$ cup chopped pimiento
- 4 hard cooked eggs, chopped

Sprinkle gelatine on water to soften. Place over low heat and stir until gelatine is dissolved. Remove from heat and add salt, lemon juice, Worcestershire sauce, and cayenne pepper. Cool. Stir in mayonnaise. Fold in remaining ingredients. Turn into a 3-cup mould or individual moulds and chill until firm. Unmould by dipping mould in warm water to depth of the mixture.

Loosen around edge with the tip of a paring knife. Place serving dish on top of mould and turn upside down. Shake, holding dish tightly to mould. Garnish with salad greens, tomatoes, olives, or radishes.



BAVARIAN SUPPER CASSEROLE

Shredded cabbage and slivered ham, sparkled with a bit of ground sage and other seasonings, make this casserole as tasty as it is hearty.

(See page 9)

Poultry Seasoning

A BLEND of Sage, Thyme, Marjoram and Savory, with sometimes Rosemary and other spices added. A "must" for flavouring fowl, veal, pork and fish stuffings, it is also excellent in croquettes. For an interesting flavour combination, add Poultry Seasoning to biscuit batter and serve the biscuits with poultry. When mixed with Paprika, it is also a good flavouring for meat loaf.

Favourite Turkey Stuffing

- 1/2 cup onion flakes
- 1/2 cup water
- 2 tablespoons butter or margarine
- 7 cups day-old bread cubes
- 1/2 cup boiling water
- 1 cup melted butter or margarine
- 3 teaspoons ground sage
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon celery salt
- 1/2 teaspoon ground black pepper

Combine onion flakes with water and set aside for 5 minutes to soften. Heat butter or margarine in a skillet. Add softened onion flakes and cook until tender but not browned, about 5 minutes. In a large bowl toss onion flakes together with bread cubes to mix well. In hot water combine remaining ingredients. Pour gradually over bread, tossing lightly while adding. If a more moist dressing is desired, add another 1/2 cup water.

YIELD: Approximately 8 cups stuffing.

Oyster Stuffing

- 1/3 cup instant minced onion
- 1/3 cup celery flakes
- 2/3 cup water
- 1/2 cup butter or margarine
- 1 cup oyster liquor
- 2 tablespoons parsley flakes
- 2 teaspoons salt
- 2 teaspoons ground sage
- 2 teaspoons poultry seasoning
- 1/2 teaspoon ground black pepper
- 8 cups (2 quarts) toasted white bread cubes (croutons)
- 1 1/2 cups drained chopped fresh oysters

Combine instant minced onion, celery flakes and water. Let stand 5 minutes to soften. Sauté 3 to 4 minutes in butter or margarine. Combine with remaining ingredients. Mix and stuff lightly into neck and body cavities of a 10 to 12 lb. turkey. Close openings with skewers and lace tightly with string. Roast, using your favourite method.

YIELD: Sufficient stuffing for a 10 to 12 lb. turkey.

Sauteed Zucchini Slices

- 1 pound zucchini
- 1 egg, slightly beaten
- 1/2 cup all purpose flour
- 1 1/2 teaspoons poultry seasoning
- 1 teaspoon salt
- 1/8 teaspoon instant garlic powder
- 1/16 teaspoon ground black pepper
- 2 to 3 tablespoons salad oil

Wash and slice unpeeled zucchini into 1/2 inch thick slices. Dip into egg and then in flour mixed with poultry seasoning, salt, garlic powder and pepper. Heat oil in skillet and sauté zucchini 2 minutes on each side or until tender. Serve hot as vegetable or appetizer.

YIELD: 6 servings.



Family Dinner Meatloaf

- 1 pound ground lean beef
- 1/2 pound ground veal
- 1/2 pound ground lean pork or sausage
- 2 eggs
- 1/2 cup milk
- 1 cup fine dry bread crumbs
- 1/4 cup instant minced onion
- 2 tablespoons sweet pepper flakes
- 2 teaspoons salt
- 1 teaspoon poultry seasoning
- 1/2 teaspoon ground black pepper

Mix all ingredients together. Turn into a greased 9 x 5 x 3 inch loaf pan. Bake in preheated moderate oven (350° F.) 1 hour or until done. Turn out onto a serving plate; serve hot. Garnish with parsley flakes if desired.

YIELD: 8 servings.

Herbed Liverwurst Stuffing

- $\frac{1}{2}$ pound liverwurst
- 2 quarts (8 cups) toasted bread cubes
- $\frac{1}{3}$ cup instant minced onion
- $\frac{1}{4}$ cup celery flakes
- 3 tablespoons parsley flakes
- $2\frac{1}{2}$ teaspoons salt
- 2 teaspoons poultry seasoning
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{2}{3}$ cup butter or margarine, melted
- $\frac{1}{2}$ cup turkey stock

Put liverwurst through food chopper, using the coarse blade. Mix with remaining ingredients. Stuff mixture into body cavity and crop of 10 to 12 pound turkey. Close the body openings with skewers and string. Roast turkey, using your favourite method.

YIELD: Sufficient stuffing for a 10 to 12 pound turkey.

Raisin and Nut Stuffing

- 3 quarts toasted bread cubes
- $\frac{3}{4}$ cup onion flakes
- $\frac{1}{4}$ cup parsley flakes
- $1\frac{1}{2}$ teaspoons poultry seasoning
- 1 tablespoon celery seed
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $1\frac{1}{2}$ cups seedless raisins
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup butter or margarine, melted
- 1 cup apple cider

Combine first 9 ingredients. Mix well. Stir in melted butter and apple cider. Fill crop and body cavity of a 10 to 12 pound turkey. Close body openings with skewers and string.

YIELD: Sufficient stuffing for a 10 to 12 pound turkey.

Apple Bread Stuffing in Casserole

- 6 cups toasted bread cubes
- 2 cups sliced apples
- $\frac{1}{2}$ cup onion flakes
- $\frac{1}{4}$ cup celery flakes
- $\frac{1}{4}$ cup butter or margarine, melted
- 2 teaspoons poultry seasoning
- $1\frac{1}{2}$ teaspoons salt
- 1 teaspoon parsley flakes
- $\frac{3}{4}$ to 1 cup stock or water
- 1 tablespoon butter or margarine

Combine bread cubes and apples in large mixing bowl. Mix onion celery flakes with $\frac{3}{4}$ cup water; let stand 5 minutes. Sauté in $\frac{1}{4}$ cup melted butter about 5 minutes. Add to bread apple mixture with remaining ingredients. Mix well. Place in a buttered 2 quart baking dish. Dot with butter. Bake covered, in a preheated moderate oven (375° F.) 30 minutes.

YIELD: 8 servings.

Poultry Stuffing

- 2 tablespoons water
- 1 tablespoon instant minced onion
- $\frac{1}{3}$ cup butter or margarine
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon parsley
- Dash pepper
- 1 teaspoon poultry seasoning
- $\frac{1}{2}$ teaspoon sage
- $\frac{1}{2}$ teaspoon MSG
- $\frac{1}{8}$ teaspoon celery salt
- 3 cups soft bread crumbs or cubes
- $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{3}$ cup chicken broth

Mix water and onion in a small dish; let stand 5 minutes until water is absorbed. Melt butter in a frying pan over medium heat. Add onion and celery; cook and stir until soft but not brown. Remove from heat; stir in salt and next 6 ingredients. In a large bowl combine bread and nuts. Pour the celery mixture and broth over the bread; toss lightly until well mixed.

YIELD: 3 cups, enough for a 4-lb. chicken.

To make stuffing for a 12-pound turkey, triple the recipe; for a 16-pound turkey, make 4 times the recipe.

Roast Wild Duck

- 1 dressed wild duck, 2 to 3 lb.
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon MSG
- $\frac{1}{4}$ cup celery leaves
- 1 small onion, cut in half
- 1 teaspoon poultry seasoning
- 3 whole cloves
- 1 tart apple, cut into wedges
- 3 slices lemon
- 1 bay leaf
- 2 slices bacon

Set oven for moderate 350° F. Remove any pinfeathers and singe the duck, if necessary. Wash the bird well inside and out under cold running water; dry with paper towels. Rub the body cavity with the salt and stuff with celery leaves and next 6 ingredients. Close cavity with skewers laced with twine. Skewer neck skin to the back. Place duck on rack in shallow roasting pan. Lay bacon across breast of bird. Roast 20 minutes per pound, basting with pan juices every 15 minutes. Pierce the duck with a fork to release fat which accumulates under the skin. Duck is done when leg moves easily when grasped between thumb and forefinger. Take out skewers and twine; remove celery and other seasonings.

All game birds should be refrigerated 3 or 4 days before roasting, to bring out the full flavour.

DIRECTIONS FOR ROASTING STUFFED POULTRY

SELECT A PLUMP, ready-to-cook bird, allowing $\frac{1}{2}$ to $\frac{3}{4}$ pound per serving.

Consult the roasting chart below. Plan to have bird done about 20 minutes before serving. This allows time for making the gravy and removing skewers and twine. In addition, the bird will be easier to carve.

1. Remove any pinfeathers with tweezers, or catch them between thumb and paring knife. Remove any hairs by singeing.
2. Remove bits of lung and liver and any large layers of fat from body cavity.
3. Wash bird inside and out with cold water. (Do not let it stand in the water.) Drain the bird well and dry with paper towels.
4. Set oven for moderately low, 325° F.
5. Rub body cavity lightly with salt and MSG.
6. Fill the cavity with stuffing, taking care not to pack it tightly because stuffing expands during cooking.
7. Close cavity opening with 4 or 5 small skewers laced with twine.
8. If the bird is a large one, fill neck cavity with stuffing.
9. Skewer neck skin to the back. Tie legs together with twine and fasten to tail. Fold wings under body.
10. Place bird, breast side up, on a rack in a large, shallow roasting pan.
11. Insert a meat thermometer in thickest part of thigh, close to body. Do not let the tip of the thermometer rest on bone.
12. Brush the bird generously with melted butter, margarine or shortening; cover with a double thickness of cheesecloth dipped in melted butter.
13. Put bird in the oven. Do not cover the pan.
14. If cloth over bird dries out during roasting, moisten with additional melted butter. When roasting goose and duck, it may be necessary to pierce the skin after an hour of roasting, to permit some of the fat to drain off.
15. Bird is done when meat on a leg can be pierced easily with a fork. The thermometer should read 190° F. for all poultry.

TIME CHART FOR ROASTING POULTRY

(for stuffed poultry at refrigerator temperature)

	<i>Ready-to-Cook (Weight)</i>	<i>Roasting Time (Approximate)</i>	<i>Oven Temperature</i>
CHICKEN	3 lb.	2½ hrs.	325° F.
	4 lb.	3 hrs.	325° F.
	5 lb.	3½ hrs.	325° F.
CAPON	6 lb.	3¾ hrs.	325° F.
DUCK OR DUCKLING	4 lb.	3 hrs.	325° F.
GOOSE	10 lb.	4 hrs.	325° F.
TURKEY	8 lb.	4 hrs.	325° F.
	12 lb.	4½ hrs.	325° F.
	16 lb.	5½ hrs.	325° F.
	20 lb. and over	6½ lbs. or more	300° F.

For *unstuffed birds* up to 8 pounds, allow 15 to 25 minutes shorter roasting time; for *unstuffed birds* over 8 pounds, allow 30 to 40 minutes less time.

For *unstuffed frozen birds*, follow chart above, but allow 12 to 15 minutes more per pound.

Paprika (*Capsicum annuum* L.)

PAPRIKA MAY ALSO have a slight bite. Historically, this kind was characteristic of Hungarian Paprika, although today, that country produces the sweet type of paprika as well. In the same way, most other growing areas today produce both sweet and nippy Paprika. Spain is the exception, since its Paprika is always of the sweet type. Since several varieties of peppers are used to produce Paprika, pods in one growing area may differ in shape and size from those of another. Some are fairly round, with a pointed end; others are elongated. In general, they are medium to small, as peppers go.

In most instances, the consumer finds a container labelled simply "Paprika" and this is the sweet type. The kind which has some pungency is primarily sold in food manufacturing channels; when available at retail, it is usually a specialty food item, which may or may not be found in the regular spice department.

Paprika Cheese Sticks

- 1½ cups sifted all-purpose flour
- 2 teaspoons paprika
- ½ teaspoon salt
- 1 cup (4 oz.) grated Cheddar cheese
- ½ cup butter or margarine
- About 3 tablespoons cold water

Sift together in mixing bowl flour, paprika and salt. Blend in cheese. Add butter and cut in with pastry blender or 2 knives until pieces are size of small peas. Sprinkle in water, 1 teaspoon at a time, mixing lightly with fork after each addition. (Add only enough water to hold pastry together.) Shape into ball, being careful not to handle too much. Roll on lightly floured board to ¼-inch thickness. Cut into ½-inch strips. Place on ungreased cookie sheets. Bake in preheated very hot oven (450° F.) 8 to 10 minutes. Cool and serve with salads or as a cocktail accompaniment.

YIELD: 54 (3-inch) sticks.

Stuffed Mushrooms

- 1 pound (18 to 20) medium-sized mushrooms
- ½ cup oil
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 1 egg, lightly beaten
- 1 to 2 tablespoons Genoese Sauce (P41)
- ¾ cup soft bread crumbs
- Paprika

Remove stems from mushrooms. Chop stems (makes about 1½ cups); set aside. Brush caps, inside and out, with oil. Sprinkle lightly with salt. Place mushrooms in baking pan, cavity side up. Heat butter in medium-sized skillet. Add chopped stems and sauté until lightly browned. Remove from heat.

Stir in egg, Genoese Sauce and bread crumbs. Fill caps with mixture. Bake in a preheated moderate oven (350° F.) 10 to 12 minutes. Garnish with paprika. Serve as a meat accompaniment or as an hors d'oeuvre.

YIELD: 18 stuffed mushrooms.

Paprika Covered Casserole

- ½ pound broad noodles
- 1 container (8 oz.) creamed cottage cheese
- ½ cup grated Canadian cheese
- 1 cup sour cream
- ½ cup milk
- 2½ teaspoons paprika
- 1 pound ground beef
- 3 tablespoons bread crumbs
- 1 egg
- 1 teaspoon salt
- 2 tablespoons mixed vegetable flakes
- 1 teaspoon instant minced onion
- ¼ teaspoon instant minced garlic
- ½ teaspoon ground black pepper

Cook noodles in boiling salted water 10 minutes. Combine cottage cheese with Canadian cheese; set aside. Blend sour cream with milk and 2 teaspoons of the paprika; set aside. Prepare meatballs by combining ground beef with bread crumbs, egg and salt. Mix well. Mix vegetable flakes, minced onion and garlic in 2 tablespoons water; let stand 8 minutes to soften. Add to meat mixture with remaining ½ teaspoon paprika and black pepper. Shape into 1-inch meatballs. Brown in small amount of fat in skillet. Place in buttered casserole layers of noodles, cheese mixture, sour cream mixture and meatballs. Repeat procedure, ending with meatballs.

YIELD: 6 to 8 servings.

Paprika Blend for Chicken

- $\frac{1}{4}$ cup paprika
 - 1 teaspoon salt
 - $\frac{1}{2}$ teaspoon poultry seasoning
 - $\frac{1}{2}$ teaspoon basil leaves, crushed
 - $\frac{1}{4}$ teaspoon cayenne
 - $\frac{1}{4}$ teaspoon ground black pepper
 - $\frac{1}{4}$ teaspoon ground marjoram
 - $\frac{1}{4}$ teaspoon ground thyme
 - 3 tablespoons salad or olive oil
- Chicken cut into serving pieces

Combine all ingredients except chicken and blend well. Brush over chicken before and during cooking. Good when broiling or barbecuing chicken.

YIELD: Enough to coat 4 lb. chicken.

Paprika Chicken Salad

- $\frac{3}{4}$ teaspoon dry mustard
- $\frac{3}{4}$ teaspoon warm water
- 2 teaspoons paprika
- $1\frac{1}{2}$ teaspoons instant mixed onion
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon basil leaves
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{3}{4}$ cup olive oil
- 1 pound head cauliflower
- $\frac{1}{2}$ cup wine vinegar
- 6 cups cooked diced chicken
- 1 medium-size cucumber, thinly sliced
- $\frac{1}{2}$ cup sliced toasted almonds

Combine powdered mustard and water; let stand 10 minutes for flavour to develop. Add paprika, instant onion, sugar, salt, basil, black pepper and oil. Let stand 1 hour. Meanwhile, break cauliflower into small flowerettes; cut into $\frac{1}{4}$ -inch thick slices. Set aside. Add vinegar to paprika mixture; beat well. Combine dressing with cauliflower, chicken and cucumber. Toss gently to blend. Refrigerate at least 2 hours. Just before serving.

Frosted Paprika Potato Soup

- $\frac{1}{4}$ cup onion flakes
- $\frac{1}{4}$ cup celery flakes
- $1\frac{3}{4}$ cups water
- 3 tablespoons butter
- 1 tablespoon flour
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons paprika
- $\frac{1}{8}$ teaspoon ground black pepper
- 2 cans ($10\frac{1}{4}$ oz. each) frozen cream of potato soup, undiluted
- $1\frac{1}{2}$ cups milk

Mix onion and celery flakes with $\frac{1}{2}$ cup of water. Let stand 8 minutes for vegetables to soften. Cook vegetables in butter over moderate heat, about 3 minutes, stirring often. Remove from heat. Blend remaining $1\frac{1}{4}$ cups water, flour and salt. Stir into sautéed vegetables. Simmer over low heat, 10 minutes. Blend in paprika and black pepper. Thaw soup as label directs. Add to saucepan and blend. Put through coarse sieve or purée in electric blender, until

smooth. Add milk; mix thoroughly. Chill. Garnish with chopped chives, if desired.

YIELD: 4 to 6 servings.

Chilled Paprika Apple Soup

- 2 pounds (4 large) apples
- $2\frac{1}{2}$ cups water
- 2 tablespoons lemon juice
- $\frac{1}{2}$ cup sugar
- 2 whole cloves
- 1 (2-inch) stick cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon ground black pepper
- $2\frac{1}{2}$ teaspoons paprika
- 2 teaspoons cornstarch
- Sour cream
- Paprika

Peel and dice apples. There should be about 6 cups. In medium saucepan mix apples, water, lemon juice, $\frac{1}{4}$ cup of the sugar, cloves, cinnamon, salt and black pepper. Cover and simmer 15 minutes or until apples are tender. Remove cloves and cinnamon. Blend in paprika. Put mixture in blender or through coarse sieve to purée. Return to saucepan. Mix remaining $\frac{1}{4}$ cup sugar with cornstarch; add to purée. Cook, stirring constantly, until mixture reaches boiling point; reduce heat and simmer 1 minute. Cool, then chill thoroughly. Garnish each serving with a dollop of sour cream and a sprinkle of paprika.

YIELD: 4 to 6 servings.

Cucumber Soup

- 2 large cucumbers
- 2 teaspoons instant minced onion
- 2 teaspoons water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup butter
- 2 tablespoons flour
- 1 can ($13\frac{3}{4}$ oz.) chicken broth
- 2 teaspoons paprika
- 1 cup milk
- 1 cup diced cucumbers
- $\frac{1}{2}$ cup slivered cooked chicken or cucumber
- Paprika

Peel, seed, and thinly slice cucumbers. There should be about 3 cups. Combine instant onion with water; let stand 8 minutes to soften onion. Mix cucumber with onion, salt and black pepper. Melt butter over moderate heat. Add vegetables and cover, cook about 10 minutes or until cucumbers are soft, stirring occasionally. Remove from heat. Blend flour with chicken broth; stir into vegetables. Bring to boiling point and cook 1 minute stirring constantly. Lower heat; add paprika and simmer about 5 minutes, blending occasionally. Add milk; put mixture through coarse sieve, or purée in electric blender. Add diced cucumber. Chill thoroughly. Dip edges of slivered chicken or cucumber into paprika. Use to garnish soup.

YIELD: 4 servings.

Fluffy Paprika Fruit Salad Dressing

- ½ cup orange juice*
- 2 eggs, separated*
- 1 tablespoon lemon juice*
- 1 teaspoon paprika*
- ⅛ teaspoon salt*
- 1/3 cup sugar*
- Paprika*

Heat orange juice over low heat. Beat egg yolks, lemon juice, paprika and salt together in the top of a double boiler. Gradually beat in 3 tablespoons of the sugar. Slowly stir in hot orange juice. Cook over hot water until thickened, stirring constantly. Beat egg whites until they stand in soft peaks. Gradually beat in remaining sugar. Fold into the cooked mixture. Chill. Stir well before serving. Garnish with paprika. Store in a covered container in refrigerator not more than 3 days.

YIELD: Approximately 1½ cups.

Stuffed Lobster Tails, Paprika

Rock lobster meat and green peas dressed with paprika mayonnaise make an elegant luncheon dish.

- 1 egg*
- 1½ teaspoons paprika*
- ¾ teaspoon celery salt*
- ½ teaspoon salt*
- ¼ teaspoon ground black pepper*
- ¼ teaspoon instant onion powder*
- 1/16 teaspoon cayenne*
- 3 tablespoons lemon juice*
- 1 cup salad oil*
- 8 (7 ounces each) frozen lobster tails*
- 1 package (10 oz.) frozen green peas*

To prepare mayonnaise, place egg, paprika, celery salt, salt, black pepper, onion powder, cayenne, lemon juice and ¼ cup of the oil, in container, cover, blend at high speed a few seconds in electric blender; or use hand mixer. Remove cover; without stopping blender add remaining ¾ cup oil in a slow stream. Reserve. Cook lobster tails according to package directions. Carefully remove meat from shells leaving shells whole. Reserve shells. Cut meat in bite-size pieces. Cook peas until barely tender; drain and add to lobster. Add about ½ cup of the mayonnaise and toss lightly to blend. Chill thoroughly. To serve, fill lobster shells with chilled salad. Serve with remaining paprika mayonnaise.

YIELD: 8 servings.

Veal (Or Chicken) Paprikash

The colour and flavour of paprika pleased the Hungarians so much that they gave its name to a realm of world-famous Hungarian "paprikashes" on the order of this tempting dish which can be made with either veal or chicken.

- 2 tablespoons instant minced onion*
- 2 pounds boneless veal shoulder OR*
- 2½ pounds broiler-fryer chicken*
- ¼ cup flour*
- 1 teaspoon salt*
- ¼ teaspoon ground black pepper*
- ¼ cup salad or olive oil*
- 2 tablespoons paprika*
- 1 tablespoon butter*
- 1 tablespoon flour*
- ½ cup milk*
- 1 cup sour cream*

Mix minced onion with an equal amount of water; let stand 8 to 10 minutes to soften. Cut veal into 1-inch cubes or cut chicken into serving-size pieces. Dredge meat in flour mixed with salt and pepper. Heat oil in 10 to 12-inch skillet. Add meat, softened onion and 1 tablespoon paprika to the hot oil. Brown meat well on all sides. Add 1/3 cup water, cover tightly and simmer, turning occasionally, adding more water if needed. Cook 45 minutes or until meat is tender. To make sauce, melt butter in small saucepan over low heat. Blend in flour and remaining 1 tablespoon paprika until smooth, stirring constantly until mixture bubbles. Remove from heat and gradually stir in milk. Return to heat and bring rapidly to boiling point, stirring constantly. Reduce heat; cook 1 to 2 minutes longer or until thickened, stirring. Gradually stir in sour cream, beating vigorously. Pour sauce over cooked meat in skillet and heat thoroughly, but do not boil. Serve hot with broad noodles, if desired.

YIELD: 4 to 6 portions.

Sopa De Ajo

(Hot Garlic Soup)

- 6 slices white bread*
- 3 tablespoons olive oil*
- 2 cans (10½ oz. each) chicken broth, undiluted*
- 1 can (1 lb.) tomatoes, broken up*
- 1 tablespoon instant minced onion*
- 1½ teaspoons instant garlic powder*
- 1 small bay leaf, crumbled*
- 1 teaspoon paprika*

Trim crusts from bread; cut into ½-inch cubes. Heat oil in a medium saucepan. Add bread cubes and sauté, turning until golden brown, about 3 minutes. Add chicken broth, tomatoes, minced onion, garlic powder, bay leaf, paprika and 1 cup water. Simmer 15 minutes. Taste; add salt if necessary. Serve hot.

YIELD: 6 portions.

Chives

ONE OF THE BEST things to happen to our cuisine in years is the recent availability of dried chives. Everybody loves the springtime flavour of this herb, but in times past it has been difficult to find a constant supply of the plant.

Although chives belong to the *Allium* genus, along with onions and garlic, the bulbs are too small to be used. We get our chive flavour from the green stem-like leaves which are about the size of knitting needles. Because we use the leaves, the chive plant is generally grouped with the leafy herbs. Generations of gardeners have set chives in their knot gardens of herbs, or have used them as an ornamental edging for garden beds.

The chive plant doesn't like hot weather and was apparently unknown and unused around the Mediterranean in ancient Greek and Roman times. Today it's still a stranger to places such as Spain and Egypt, lands where onions and garlic grow lustily. It begins to be used in northern Italy and is prized as a seasoning in lands to the north — France, Germany, England, Austria. It seems to have gained recognition in the 16th century. However it must surely have been discovered long before that — it's too delightful to have remained unnoticed in earlier centuries.

Use dried chives just about the way you would freshly cut ones. Add them liberally to stews, soups, vegetables. Do it toward the end of the cooking period. Mix them with half as much warm water if they are to be used uncooked in salads, sandwich fillings or as garnishes. Mix dried chives with water, too, before adding them to fats or oils.

Classic Chive Butter

- 1 tablespoon dried chives
- 1½ teaspoons warm water
- 1 stick (¼ lb.) soft butter or margarine

Moisten chives with warm water and add to soft butter. Blend well. Chill until firm. Serve with hot corn-on-the-cob, baked potato, ground beef, French bread, broiled meats, baked shrimp, cooked green beans and other vegetables.

YIELD: ½ cup.

Variations

Easy Chive Biscuit Ring: Separate biscuits from 2 packages of refrigerated biscuits. Dip unbaked biscuits in 1/3 cup softened chive butter. Stand up in well-buttered, 8-inch ring mold until mold is filled. Bake in preheated hot oven (400° F.) 30 minutes or until brown.

YIELD: One 8-inch ring.

Grilled Corn Bread Squares with Chive Butter: Cut one 8-inch square corn bread (prepared from package mix or favourite recipe) into 8 squares. Split each in half. Melt ¼ cup chive butter. Brush over cut side of corn bread. Place on broiler rack and place under heat with control set on broil. Turn to brown on both sides.

YIELD: 6 to 8 servings.

Eggs Benedict With Hollandaise Chive Sauce

- 4 English muffins
- 8 slices Canadian back bacon, broiled
- 8 eggs, poached
- 1 pkg. Hollandaise sauce mix
- 1 teaspoon dried chives

Split and toast English muffins, allowing two halves for each serving. Cover each muffin half with slice of broiled Canadian back bacon. Top each with poached egg. Prepare Hollandaise sauce according to package directions. Stir in chives. Pour 1 to 1½ tablespoons sauce over each egg. Serve at once.

YIELD: 4 servings.

Chive-Cucumber Sauce for Fish

- ½ teaspoon powdered mustard
- ½ teaspoon warm water
- 2 tablespoons dried chives
- 1 cup grated cucumber, drained
- 3 tablespoons lemon juice
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 cup mayonnaise

Blend powdered mustard with warm water; let stand 10 minutes for flavour to develop. Add mustard, chives, cucumber, lemon juice, salt and pepper to mayonnaise and blend well. Chill. Serve over fish mousse, fish salads, baked or poached fish.

YIELD: 1-2/3 cups.

Cream of Mushroom Soup

- 1 tablespoon minced onion
- 3 tablespoons butter
- 1½ cups ground raw mushrooms
- 2 tablespoons flour
- 2 cups boiling water
- 1 bay leaf
- 1 cup light cream
- ¼ teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon chives

Sauté onion in butter. Add mushrooms and cook 10 minutes. Stir in flour well. Add boiling water and bay leaf and add salt and pepper. Add cream and simmer until well heated. Serve sprinkled with chives.

YIELD: 4 servings.

Chive Cheese Omelet

- 4 eggs, separated
- ½ teaspoon salt
- 1/16 teaspoon ground black pepper
- ¼ cup milk
- 1 tablespoon butter or margarine
- 1 teaspoon dried chives
- ½ teaspoon warm water
- 2 slices bacon, cooked and crumbled
- ½ cup shredded Cheddar cheese

Beat egg yolks until thick and light. Add salt, pepper and milk. Fold into stiffly beaten egg whites. Turn into buttered, hot 9-inch skillet or omelet pan. Cook over low heat until omelet puffs up and is golden brown on bottom, about 3 to 5 minutes. Blend dried chives and warm water. Sprinkle chives, crumbled bacon and cheese on omelet and quickly place in preheated moderate oven (350° F.) for 10 to 15 minutes longer or until top springs back when pressed with finger. Make 1-inch cuts at opposite sides and crease with back of knife. Fold on crease by slipping spatula or pancake turner under half the omelet. Slide onto platter. Serve immediately.

YIELD: 4 to 5 servings.

Surprise Ham Sandwich

Topped with potato chips and barbecue seasoning, this unusual baked sandwich is hearty and attractive.

- 1½ cups diced cooked ham or shrimp
- ¾ cup finely diced celery
- 1 teaspoon dried chives
- 1 tablespoon lemon juice
- ⅔ cup cooked salad dressing
- ½ teaspoon paprika
- Salt and pepper
- ⅛ teaspoon onion salt
- 3 wiener rolls, split
- 1 cup coarsely crushed potato chips
- Barbecue seasoning

Combine ham or shrimp with next 6 ingredients. Add additional salt and pepper to taste. Butter bun halves and pile ham mixture on top of each. Press potato chips into mixture. Sprinkle with barbecue seasoning. Bake in a hot oven of 425° for 12 to 15 minutes.

YIELD: 6 servings.

Chive Devilled Eggs

- 6 hard-cooked eggs
- 2 tablespoons dried chives
- 2 teaspoons warm water
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground marjoram
- 1/16 teaspoon ground black pepper
- Dash instant garlic powder
- 1/3 cup mayonnaise, approximately
- Paprika for garnish

Shell eggs; cut in half, lengthwise. Carefully remove yolks; place in small mixing bowl. Mash until fine. Blend dried chives with warm water and lemon juice, and let stand a few minutes to soften. Combine chives and remaining ingredients, except paprika, using enough mayonnaise to moisten; mix well. Refill cavities of egg whites. Garnish with paprika.

YIELD: 6 servings.



Chicken Chive Fricassee

- 3 pounds ready-to-cook chicken
- 2 teaspoons salt
- ¼ teaspoon ground black pepper
- 4 tablespoons butter or margarine
- 2 tablespoons flour
- 1 chicken bouillon cube
- 1½ cups hot water
- ⅛ teaspoon instant minced garlic
- 2 tablespoons dried chives
- Cooked hot rice

Wash chicken and cut into serving-size pieces. Rub salt and pepper into chicken. Brown chicken in butter in Dutch oven. Blend flour with pan drippings. Stir in bouillon cube, water and instant minced garlic. Cover and simmer 20 minutes or until chicken is tender. Add chives and cook 5 minutes. Serve hot with rice.

YIELD: 6 servings.

Rosemary (*Rosmarinus officinalis* L.)

"APPETITE COMES with the eating" may be said of many foods and seasonings, especially one as distinctive as rosemary. This esteemed herb, native to the shores of the Mediterranean, bears its aroma in leaves which look like inch-long pine needles.

Once we have tasted rosemary with chicken, lamb, pork or beef stews and with such vegetables as eggplant, green beans, summer squash or turnips, our love of its fragrance suggests all kinds of other delicious uses. It's delicately good in fruit cups or in sugar syrup for sweetening lemonade or fruit punches. Heat a half teaspoon rosemary with the milk to be used in making a loaf of yeast bread. Spoon bread is better than ever for a half or whole teaspoon of rosemary; again, heat it in the milk. Unlike most herbs, rosemary requires at least 10 minutes cooking time to release the flavour.

Rosemary is compatible with many other spices and herbs. It goes especially well with garlic, onion and sweet pepper flakes, most other herbs and such true spices as black, white or red pepper, ginger and allspice.

Fresh Rhubarb Rosemary Parfaits

- 3½ lbs. diced fresh rhubarb
- 2½ cups sugar
- 1½ teaspoons rosemary leaves, crushed
- ¼ teaspoon salt
- ¼ cup boiling water
- 4 pkgs. unflavoured gelatine
- 1 cup fresh orange juice
- 1 pint fresh strawberries, sliced
- ¾ cup heavy cream, whipped
- 1 tablespoon confectioners' sugar
- 12 whole fresh strawberries

Place rhubarb in deep saucepan with next 4 ingredients. Cook, covered, over low heat, until rhubarb is tender, about 35 minutes. Transfer some to the container of an electric blender and blend until smooth. Depending on the size of blender, work small amounts at a time until it is all blended. Strain and pour back into saucepan. Sprinkle gelatine over orange juice. Stir to dissolve. Add to hot rhubarb mixture. Stir until blended. Cool until mixture mounds slightly when dropped from spoon. Fold in sliced strawberries. Spoon mixture into parfait glasses. Refrigerate. Before serving, garnish with whipped cream sweetened with confectioners' sugar and a whole strawberry.

YIELD: 12 servings.

Rosemary Shrimp Pastry Loaf

- Pastry made from 2½ cups flour
- 2½ lbs. shrimp, peeled and deveined
- 1 cup white wine
- 2 cups water
- 1 tablespoon instant minced onion
- 2 large eggs
- 1 large egg yolk
- 1 cup heavy cream
- 2 tablespoons brandy
- 2 tablespoons fresh lemon juice
- 2 teaspoons salt
- ½ teaspoon rosemary leaves, crushed
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon cayenne
- ½ teaspoon ground nutmeg
- 1 large egg, lightly beaten

With part of pastry, line a 9 x 5 x 3-inch loaf pan, reserve remainder for top crust. Poach shrimp in a well seasoned court bouillon made with white wine and water. Drain and cool. Put shrimp through fine blade of grinder or mince in a blender. Combine shrimp with next 11 ingredients. Mix well. Spoon shrimp mixture into pastry-lined pan. Cover with top crust, sealing edges well. Brush top with beaten egg. For steam to escape, make 2 holes, the size of nickels, on top. To "set" crust, bake in a preheated very hot oven (450° F.) for 10 minutes. Reduce heat to 350° F. and continue baking for 65 minutes. Remove to rack and let cool. Refrigerate overnight before removing from pan. Slice and serve cold.

Herbed Bread

- 1 teaspoon rosemary leaves, crumbled
- 1 teaspoon ground marjoram
- 2 tablespoons butter or margarine
- 1 tablespoon sugar
- 1½ teaspoons salt
- 2 packages active dry yeast
- 6 to 7 cups all-purpose flour

Add rosemary and marjoram to 1 cup boiling water in saucepan. Simmer 4 minutes. Pour into large mixing bowl. Add butter, sugar and salt; stir until dissolved. Add 1 cup cold water and cool mixture to lukewarm. Sprinkle yeast over lukewarm mixture. Stir until dissolved. Add enough flour to make a stiff batter, beating well. Add remaining flour to make a firm, but not stiff, dough. Mix and turn onto floured board. Knead until mixture is smooth and elastic (about 10 minutes). Place in greased bowl, brush top with melted butter. Cover and let rise in warm place. When dough has doubled in bulk, punch down, shape into 2 loaves and place in greased 9 x 5 x 2¾ inch pans. Return to warm place to rise until doubled in bulk. Bake in moderate oven (375° F.) 50 to 60 minutes or until brown.

YIELD: 2 loaves.

Rosemary Glazed Chicken

- 1 tablespoon instant minced onion
- ½ teaspoon powdered mustard
- 1 tablespoon water
- 1 cup dark brown sugar, firmly packed
- ½ cup cider vinegar
- 1 cup drained, crushed pineapple
- 2 tablespoons soy sauce
- 1/16 teaspoon instant garlic powder
- 2 teaspoons rosemary leaves, crushed
- ½ teaspoon prepared horseradish
- ⅛ teaspoon cayenne
- ¼ teaspoon salt
- 1/16 teaspoon ground black pepper
- 4 broiler chickens, 2½ lbs. each

Combine instant minced onion, powdered mustard and water. Let stand 10 minutes; stir occasionally. In a deep, heavy saucepan combine next 10 ingredients. Add onion and mustard. Blend well. Bring to a boil, reduce heat and simmer, uncovered, 10 minutes. Stir occasionally. Quarter chicken and place, skin side up, under a preheated broiler about 6 inches from heat source; brush with pineapple sauce and cook slowly, turning and basting with sauce, until tender and nicely browned, about 30 to 45 minutes. Extra sauce may be stored in a covered jar in refrigerator. This is a delicious sauce for barbecued chicken.

Chicken Genoese Style

- 6 chicken legs and thighs
- 2 tablespoons olive or salad oil
- ¼ cup instant minced onion
- ⅓ teaspoon instant minced garlic
- ¾ cup red wine
- 4 tablespoons tomato paste
- 1 tomato, diced
- 1 teaspoon parsley flakes
- ½ teaspoon rosemary leaves, crumbled
- ½ teaspoon salt
- 1/16 teaspoon ground black pepper
- Stock or water as needed

Sauté chicken in hot oil until golden brown, about 10 minutes. Drain excess oil from pan. Meantime, blend onion and garlic with 3 tablespoons water; let stand 8 minutes to soften. Pour wine over chicken; cook, uncovered, over low heat until wine has evaporated, about 15 minutes. Mix tomato paste with 1 cup water. Add onion and garlic and remaining ingredients to chicken. Continue cooking, uncovered, over low heat 15 minutes or until chicken is tender. Add stock or water as needed. (Sauce should be very thick.)

YIELD: 6 servings.

Curry Of Lamb

- 2 lb. lamb shoulder, boned and cut in ½ inch cubes
- ½ cup flour
- 2 tablespoons butter or margarine
- 2 teaspoons curry powder
- ½ teaspoon pepper
- 1 tablespoon rosemary
- 2 teaspoons salt
- 1 tablespoon sugar
- 1½ cups water
- 2 tablespoons vinegar
- 3 cups hot cooked rice

Set oven for moderate, 350° F. Coat lamb cubes with flour. Melt the butter in a large frying pan over medium heat. Add the lamb and cook and stir until well browned. Remove from heat. Put the meat into a casserole. Combine curry powder, pepper, rosemary, salt and sugar in a small bowl. Add water and vinegar and stir to blend; pour mixture over lamb in the casserole. Bake, covered, 1 hour. Remove from oven and serve at once over the hot rice. This is a mild curry. If a hot curry is preferred, add another teaspoon curry powder, ½ teaspoon dry mustard, ½ teaspoon ground cinnamon, ¼ teaspoon ground cloves and ½ teaspoon ground ginger. Add these seasonings to the others before stirring in the water and vinegar.

YIELD: 6 servings.

Poppy Seed (*Papaver somniferum* L.)

A ROSE IS A ROSE, is a rose, is a rose, but a poppy is a *poppy*, is a *seed*, is a *spice*! The edible product of this beautiful flower is the aromatic tiny seed derived from its pod. It takes some 900,000 of these almost-blue seeds to make a pound of the spice we know as poppy seed. Each poppy seed contains a tiny droplet of oil which carries the nut-sweet flavour. You've probably tasted these seeds in baked breads and cakes and atop dinner rolls.

Poppy seed has been used internationally in sweet desserts and main dishes for centuries. The Viennese make a deliciously rich poppy seed strudel. If you are of Polish origin, you've probably tasted poppy seed puffs or tarts. Indian cooks sprinkle the tiny blue seeds in dishes such as chicken and shrimp curries and spiced pot roast. If you haven't tried poppy seed with buttered noodles or salads, you have a delightful flavour and crunchy texture treat in store for you.

Poppy Seed Coffee Roll

- ¼ cup milk
- 1 package active dry yeast
- 1 teaspoon sugar
- 2½ cups sifted all-purpose flour
- 3 tablespoons sugar
- ¼ teaspoon salt
- 1/3 cup butter or margarine
- 1 egg slightly beaten
- Poppy Seed Filling

Scald milk; cool to lukewarm. Sprinkle yeast over ¼ cup warm water. Add 1 teaspoon sugar and stir until dissolved. Let stand 5 minutes. Sift flour with the 3 tablespoons sugar and salt. Cut in butter with pastry blender or two knives until mixture resembles coarse meal. Add milk and egg to yeast mixture; gradually add to flour mixture and blend well. Knead until dough is smooth on lightly floured board. Place in greased bowl. Cover, let rise in warm place until doubled in bulk. Punch dough down and roll out on lightly floured board to a rectangle 10 x 16 inches. Spread with Poppy Seed Filling. Roll in jelly roll fashion. Seal ends. Bake in preheated moderate oven (350° F.) 30 to 40 minutes or until done.

Poppy Seed Filling

- 1 cup poppy seed
- ½ cup milk
- 2 tablespoons butter or margarine
- 2 tablespoons honey
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- ½ cup raisins

Grind poppy seed in blender, if available, or use whole. Combine with remaining ingredients in small saucepan. Bring to boil, then simmer for 10 to 12 minutes. Cool mixture thoroughly before spreading on dough.

YIELD: One 16-inch roll.

Poppy Seed Cake

- 1 cup poppy seed
- 1/3 cup honey
- 1 cup butter or margarine
- 1½ cups sugar
- 4 eggs, separated
- 1 cup sour cream
- 1 teaspoon pure vanilla extract
- 2½ cups sifted all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt

In small saucepan cook poppy seed with honey and ¼ cup water for 5 to 7 minutes. Cool. Cream butter and sugar until light and fluffy. Add cooled poppy seed mixture. Add egg yolks, one at a time, beating well after each addition. Blend in sour cream and vanilla. Sift together flour, soda and salt. Gradually add to poppy seed mixture, beating well after each addition. Beat egg whites until stiff peaks are formed. Fold into batter. Pour batter into lightly greased and floured 9-inch tube pan. Bake in preheated moderate oven (350° F.) 1 hour and 15 minutes or until done. Cool in pan 5 minutes. Remove cake and cool on wire rack. Frost, if desired, with confectioners' sugar icing, blending 1 cup sifted confectioners' sugar and 4 teaspoons cold water together until smooth.

YIELD: One 9-inch cake.

Poppy Seed Bread

Set oven for moderately low, 325°F. Cut a loaf of unsliced white bread in half, lengthwise, almost through, leaving bottom crust as a hinge; then make 4 crosswise cuts. Spread top, sides and all cut surfaces of the bread with softened butter or margarine; then sprinkle with poppy seed. Wrap bread securely in foil. Place on a baking sheet; bake 15 minutes or until bread is heated.

Poppy Seed Tea Bread

- 3 cups sifted all-purpose flour
- 3½ teaspoons baking powder
- 1 teaspoon salt
- ½ cup poppy seed
- ¾ cup sugar
- ¼ cup shortening
- 2 eggs
- 1 teaspoon grated lemon peel
- 1-1/3 cups milk

Sift together flour, baking powder and salt; add poppy seed. Beat together sugar, shortening and eggs. Blend in lemon peel and milk. Add, all at once, to flour mixture. Mix only until ingredients are blended (about 30 strokes.) Turn into a well-greased, lightly floured 9 x 5 x 3-inch bread pan. Bake in preheated moderate oven (350° F.) 1 hour and 10 minutes. Cool. Serve, if desired, with butter or cream cheese.

YIELD: 1 loaf.



Chinese Omelet

- ½ cup finely diced cooked bacon or ham
- ½ cup minced onion
- ¼ cup sliced water chestnuts
- 1 cup bean sprouts
- 5 eggs
- 3 teaspoons poppy seed

Combine meat, onion, chestnuts, sprouts and poppy seed. Mix well. Beat eggs until thick and add meat and vegetables. Divide into 6 portions, mold into a soup ladle or cup and pour carefully into a shallow pan of hot fat or oil. Brown and serve.

YIELD: 3 - 6 servings.

Easy Cheddar Cheese

- 2 cups (½ pound) shredded Canadian cheddar cheese
- 2 tablespoons poppy seeds
- 2 (8 oz.) cans refrigerated buttermilk biscuits
- 1 egg slightly beaten

Butter an 11 x 4 inch loaf pan. Preheat oven to 425° F. Combine cheese and poppy seeds. Open packages of biscuits and dip each biscuit in beaten egg. Coat lightly on all sides with cheese — poppy seed mixture. Stand biscuits on edge in 2 rows in pan, packing loosely. Sprinkle remaining cheese — poppyseed mixture over top. Bake in preheated oven 18 to 20 minutes. Serve warm.

Poppy Seed Twists

- 1 yeast cake
- ½ cup lukewarm water
- 2 tablespoons shortening
- 2 tablespoons sugar
- 2 teaspoons salt
- ½ cup milk, scalded
- 1 egg
- 3½ to 4 cups sifted all-purpose flour

Soften yeast in lukewarm water. Add shortening, sugar and salt to scalded milk. Cool to lukewarm and add yeast and beaten egg. Stir in flour to make a soft dough. Turn out on floured board and knead until satiny and smooth (8 to 10 minutes). Place in greased bowl, cover and let rise until doubled in bulk. Punch down. Let rise again until doubled in bulk. Punch down and let stand 10 minutes. Roll dough out ¼ inch thick and cut into strips ½" wide, and 6" long. Cross three strips in the middle and braid from center to each end. Press ends together and fold under. Brush tops with melted butter, then sprinkle with poppy seeds. Place on greased baking sheet, and let rise until doubled in bulk. Bake in hot oven (425° F.) 12 to 15 minutes.

Puffy Poppy Seed Cookies

- 3 eggs
- ½ cup corn oil
- 3 tablespoons sugar
- 1 cup sifted flour
- ¼ teaspoon salt
- 4 tablespoons poppy seeds

Beat eggs until light. Beat in oil, sugar, flour and salt. Beat until very smooth, stir in poppy seeds. Drop by teaspoons on greased cookie sheet, leaving about 3 inches apart (cookies spread and puff in baking). Bake at 325° F. about 15 minutes, or until browned on edges.

YIELD: about 36.



Poppy Seed goes with sweet and salty foods. Stir the blue-black, nut-like seed into scrambled eggs, breads, coffee cake fillings and cookies. Use one tablespoon or more for 4 servings.

Oregano

THE DRIED LEAVES of a perennial herb of the mint family. Also known as Oreganum, Mexican Oregano, Mexican Sage and Origan.

A native of the Mediterranean area, Oregano is imported into the United States from Mexico, Italy, Greece, Chile and France.

The leaf is about $\frac{5}{8}$ of an inch in length, and a light-green colour when dried.

Oregano's flavour is strong and aromatic, with an assertive, pleasantly bitter undertone. Its flavour is similar to Marjoram and, in fact, the word "Oregano" is Spanish for Marjoram.

It is available rubbed (crushed) and ground. Oregano is an essential ingredient of Chili Powder and is used in Chili Con Carne and many other Mexican dishes. It is the spice that made pizza famous and is equally good with any tomato-type dish, from spaghetti to old-fashioned stewed tomatoes. It is also a fine seasoning for gravies, omelettes, soups, beef stew and boiled eggs. Try Oregano with roast lamb for a savoury change.

Prosciutto and Oregano Pie

- Pastry (using 1 cup flour)*
- 2 tablespoons instant minced onion*
- 2 tablespoons water*
- $\frac{3}{4}$ *cup finely chopped celery*
- $\frac{3}{4}$ *cup finely chopped seeded tomatoes*
- $\frac{1}{4}$ *cup finely chopped prosciutto or boiled ham*
- 1 teaspoon sugar*
- $\frac{1}{2}$ *teaspoon dill seed*
- $\frac{1}{2}$ *teaspoon oregano leaves*
- $\frac{1}{8}$ *teaspoon ground black pepper*
- 1 large egg, well beaten*
- 1 thin slice prosciutto or boiled ham*

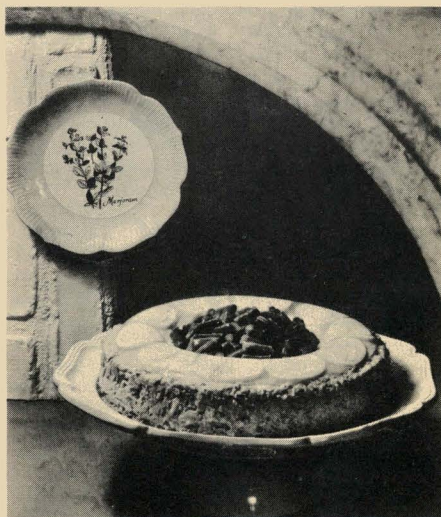
Roll pastry $\frac{1}{8}$ -inch thick and line an 8 x 8 x 2-inch pan, allowing pastry to come up only $\frac{3}{4}$ -inch on the sides. Add water to instant minced onion and set aside for 10 minutes. Blend together next 7 ingredients and then stir in softened onion. Spoon mixture into pastry-lined pan. Pour beaten egg over top of the mixture. Cut ham into $\frac{1}{2}$ -inch squares and arrange over top of pie. Bake in a preheated hot oven (425° F.) 10 minutes. Reduce heat to 350° F. and continue baking for 30 minutes or until crust is lightly browned and filling is firm in the center. Remove from oven and allow to cool thoroughly. Cut into 2-inch squares and serve as an appetizer.

Zucchini Italian Style

- 2 pounds zucchini squash*
- 4 medium tomatoes*
- $\frac{1}{4}$ *cup onion flakes*
- 2 teaspoons salt*
- 1 teaspoon crumbled oregano leaves*
- $\frac{1}{2}$ *teaspoon ground black pepper*
- $\frac{1}{2}$ *teaspoon instant garlic powder*
- 2 tablespoons salad or olive oil*

Slice squash crosswise into $\frac{1}{2}$ -inch thick pieces. Place layer in 10 x 6 x 2-inch casserole. Cut tomatoes into slices $\frac{1}{2}$ inch thick. Place a layer over the squash. Mix onion flakes with $\frac{1}{4}$ cup water; let stand 8 minutes to soften. Combine onions with seasonings and sprinkle half over squash and tomatoes. Top with remaining squash and tomato slices. Brush with salad oil and sprinkle with remaining seasonings. Cover and bake in preheated moderate oven (350° F.) 25 to 30 minutes.

YIELD: 8 portions.



SALMON LUNCHEON MOLD

A braggin' salad, this Salmon Luncheon Mold, with salmon and mushrooms and other good things enhanced by the aroma of marjoram.

Marjoram (*Majorana hortensis* M.)

THE DRIED LEAVES of a perennial herb of the mint family.

Marjoram is a native of western Asia and the Mediterranean. We import most of ours from France, Peru and Chile.

This herb is gray-green in colour.

The flavour of Marjoram is distinctively aromatic with a somewhat bitter undertone.

Marjoram is sold whole and ground. It is excellent with vegetables, particularly lima beans, peas and string beans. It is excellent with lamb and mutton, and in stews, soups, sausages and poultry stuffings. Many processed foods, such as liverwurst, bologna and head cheese use Marjoram for flavour. Sprinkle Marjoram over lamb while cooking for a new flavour touch.

Salmon Luncheon Mold

- 2 envelopes unflavoured gelatine
- 1 can (12½ ounces) chicken consomme
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 5 or 6 hard cooked eggs
- 1 can (1 pound) red salmon;
- ¼ cup salmon liquid
- 1 teaspoon instant minced onion
- 1 can (3 ounces) chopped mushrooms, drained
- ¼ cup water
- ¼ cup cider vinegar
- 2 teaspoons sugar
- 2 teaspoons ground marjoram
- 1 teaspoon parsley flakes
- ½ teaspoon celery salt
- ¼ teaspoon ground black pepper
- ½ cup heavy cream, whipped

Marinated Green Beans

In saucepan, sprinkle 1 envelope of the gelatine over ½ cup of the consomme. Place over low heat and stir until gelatine is dissolved. Remove from heat; stir in remaining consomme, lemon juice and salt. Pour into bottom of 6-cup ring mold. Chill until almost firm. Cut eggs in half lengthwise; arrange in gelatine, with yolks face down. Chill until gelatine is firm. Drain salmon and reserve ¼ cup liquid. Remove bones from salmon and flake. Add mushrooms and toss lightly. In saucepan combine reserved salmon liquid and instant onion. Add remaining envelope of gelatine, water, vinegar, sugar, marjoram, parsley, celery salt and black pepper. Cook and stir over low heat until gelatine is dissolved. Remove from heat; chill until consistency of unbeaten egg white. Mix gelatine thoroughly with flaked salmon mixture. Fold in whipped cream. Spoon lightly over eggs in ring mold; spread evenly with spatula. Chill until firm. Unmold onto serving plate. Fill center with Marinated Green Beans.

YIELD: 6 servings.

Marinated Green Beans

- 2 packages (9 ounces each) frozen cut green beans
- 2 tablespoons cider vinegar
- 2 teaspoons marjoram leaves, crumbled
- 6 tablespoons salad oil
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Cook beans as package directs, just until crisp-tender; drain and cool. In small bowl, combine oil, vinegar, marjoram, sugar, salt, and black pepper. Beat until blended. Pour dressing over green beans; cover and marinate in refrigerator 12 hours.

YIELD: 6 servings.

Marjoram Meat Loaf

- 2 pounds ground chuck
- ¾ fresh bread crumbs
- 1 tablespoon instant minced onion
- 1 tablespoon water
- 1 tablespoon butter
- 1 can (8 ounces) tomato sauce
- 1 tablespoon marjoram leaves, crumbled
- 2 teaspoons salt
- 2 teaspoons parsley flakes
- ¼ teaspoon ground black pepper
- 2 eggs, beaten
- 2 slices bacon, halved crosswise

In large bowl, combine meat with bread crumbs. Mix instant onion with water; let stand 8 minutes for onion to soften. In small skillet, sauté softened onion in butter until golden, about 3 minutes. Add to meat along with tomato sauce, marjoram, salt, parsley flakes, black pepper and eggs. Mix lightly, but well. Place meat in a greased 9x5x3-inch loaf pan. Unmold onto shallow baking dish (molding the meat in loaf pan gives it better shape). Top with bacon. Bake in a preheated moderate oven (325° F.) for 1¼ hours. Serve hot or cold.

YIELD: 6 servings.

Garlic (*Allium sativum* L.)

(Instant Garlic Powder, or Granulated Garlic, Instant Minced Garlic, Garlic Salt)

THERE IS THE teasing aroma of Garlic drifting over the American cuisine, for there has been a 1,000 percent increase in Garlic use during the last decade.

Even though Garlic is a somewhat recent discovery for many Americans, it is a very ancient seasoning. Records show that it was eaten by Egyptian workmen 5,000 to 6,000 years ago; that the Greeks loved it while the Romans of Caesar's day did not, although their descendants, the modern Italians love it.

Credit for the zooming popularity of Garlic must go to the convenient dehydrated products: Instant Minced Garlic, Instant Garlic Powder or Granulated Garlic and Garlic Salt. The first three forms are pure Garlic, while Garlic Salt is Garlic Powder combined with table salt. Instant Minced Garlic is ideal in dishes which require cooking or in which the Garlic bits can stand until flavour is released. All other forms release flavour instantly.

Garlic grows best and develops finest flavour in warm regions — the reason California is headquarters for the modern dehydrated Garlic industry.

Garlic Shishkebabs

- 1 cup fresh lemon juice
- $\frac{1}{2}$ cup salad oil
- 4 teaspoons instant garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 pounds boneless leg or shoulder of lamb, cut into $1\frac{1}{2}$ -inch cubes
- 2 zucchini cut into $1\frac{1}{2}$ -inch slices
- 6 medium mushrooms
- 6 cherry tomatoes

Combine lemon juice, salad oil, instant garlic, salt and pepper. Pour into plastic bag, add lamb and fasten bag securely. Marinate 3 to 4 hours or overnight, turning bag occasionally to distribute marinade. Alternate meat, zucchini, mushrooms and tomatoes on each of 6 skewers. Brush lightly with marinade. Broil over a slow-burning charcoal fire, about 3 inches from heat, turning skewers often, until meat is medium-rare. Brush with marinade frequently. Or, broil indoors 4 inches from heat, turning often, until meat is medium-rare. Brush with marinade frequently. YIELD: 6 servings.

Greek Stuffed Eggplant

- 3 small eggplants
- $1\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{2}$ cup onion flakes
- 1 teaspoon instant minced garlic
- 1 pound ground lamb
- 2 tablespoons olive or salad oil
- $\frac{1}{2}$ cup bread crumbs
- 1 egg, beaten
- 2 tablespoons parsley flakes
- $\frac{1}{2}$ teaspoon oregano leaves
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $1\frac{1}{2}$ cups toasted bread cubes

Parboil eggplant 12 to 15 minutes in boiling water to cover. Remove from water; cut in half lengthwise and remove pulp to within $\frac{1}{2}$ inch of skin. Chop pulp in small pieces; reserve. Brush cut surface of eggplant with lemon juice. Mix onion flakes and minced garlic in $\frac{1}{4}$ cup water; let stand 3 to 5 minutes. Add to ground lamb. In skillet sauté lamb in oil until pink color is gone. Add reserved eggplant pulp, bread crumbs, egg, parsley, oregano, garlic salt, salt and black pepper. Mix well. Fill shells with meat mixture. Top each with $\frac{1}{4}$ cup bread cubes. Place in greased baking pan. Bake in preheated moderate oven (350° F.) 30 minutes. Serve hot as main dish.

YIELD: 6 servings.



GREEK STUFFED EGGPLANT

The Greeks have a word for eggplant stuffed with ground lamb seasoned with garlic and other spices: It's "M-M-M-M!"

Marinated Chicken

- $\frac{1}{2}$ cup salad oil
- 2 tablespoons cider vinegar
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant garlic powder
- 3 pounds ready-to-cook chicken, quartered

In bowl, combine oil, vinegar, instant onion, salt, pepper and garlic powder. Mix well with fork or wire whisk. Place chicken in large plastic bag with marinade. Fasten bag opening securely, leaving about 1½ inches space over the chicken. Refrigerate 2 hours. Turn bag occasionally to distribute marinade. Remove chicken to rack in shallow roasting pan. Pour excess marinade into cup. Bake in preheated moderate oven (350° F.) about 1 hour, 10 minutes, or until golden and fork tender. Brush chicken occasionally with remaining marinade.

YIELD: 4 servings.

Shanghai Pork

- 2 lbs. lean pork, cut in 2-inch strips, about ½-inch thick
 - $\frac{1}{2}$ teaspoon instant garlic powder
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{4}$ cup salad oil
 - 2 tablespoons instant minced onion
 - 2 tablespoons water
 - 1 tablespoon salad oil
 - 2 cups sliced carrots, cut in ½-inch pieces
 - 1 can (6 oz.) sliced mushrooms
 - 1 can (10½ oz.) cream of celery soup
 - $\frac{1}{4}$ cup soy sauce
 - $\frac{3}{4}$ teaspoon ground ginger
 - $\frac{1}{4}$ teaspoon ground black pepper
 - 3 cups shredded cabbage
 - $\frac{1}{4}$ cup toasted slivered almonds
- Cooked rice

Rub the pork with the combined instant garlic powder and salt. Heat the ¼ cup oil in a skillet; add the pork, a few pieces at a time, and brown on all sides. Transfer to a 2½ quart casserole. Combine instant minced onion and water; let stand 10 minutes for onions to soften. Add the 1 tablespoon oil to the skillet. Add softened onions and carrots and cook until onions are golden. Stir frequently to keep from sticking to bottom of pan. Add mushrooms and can liquid, soup, soy sauce, ginger and ground black pepper. Heat to boiling, stirring constantly. Pour mixture over pork and toss gently. Bake, covered, in a preheated moderate oven (350° F.) 1 hour or until meat is fork-tender. Top with shredded cabbage, cover and cook another 10 minutes. Before serving garnish with slivered almonds. Serve with hot, fluffy rice.

YIELD: 6 servings.

Garlic Italian Bread

- 1 loaf Italian bread or 6 seeded rolls
- $\frac{1}{2}$ cup soft sweet butter
- $\frac{1}{2}$ teaspoon instant garlic powder
- 3 tablespoons grated Parmesan cheese

Cut loaf or rolls in diagonal slices, 1 inch apart, making sure not to cut through bottom crust. Combine remaining ingredients; mix until well blended. Spread all mixture between slices. Place bread on an ungreased cookie sheet. Bake in preheated moderate oven (350° F.) 10 minutes or until butter is melted and bread is hot. Serve immediately.

YIELD: 6 servings.

Cinnamon is equally at home with everything from chocolate to chili. A biting-sweet powder, it brings out the nippiness of the chili powder in this native dish.

Chili Con Carne

- 3 tablespoons fat or shortening
- 3 medium-sized onions
- 1 lb. minced beef
- 1 can (15 oz.) tomatoes
- 1 can (6 oz.) tomato paste
- 1 to 2 tablespoons chili powder
- 1 teaspoon dry mustard
- 1 teaspoon instant minced garlic
- 2 teaspoons salt
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground cloves
- 2 small bay leaves
- $\frac{1}{4}$ cup cold water
- 2 cans (1 lb. each) kidney beans, undrained

Melt fat in a frying pan over medium heat. Add onions and cook, stirring occasionally, until they are tender but not brown. Remove onions and set aside. Put the meat in the frying pan. Break meat into small pieces with the side of a metal spatula or large spoon as it cooks, and stir occasionally to brown it evenly. Into a medium-sized saucepan, pour tomatoes and tomato paste; add the meat and onions. Blend the chili powder, mustard, garlic, salt, sugar, cinnamon, nutmeg, cloves and bay leaves with the water. Add to the meat mixture and stir until all ingredients are well mixed. Cover tightly and simmer one hour, stirring occasionally. Add kidney beans and simmer 15 minutes longer. Remove the bay leaves before serving. The long slow cooking gives the Chili Con Carne a full-bodied flavour, which develops even further if refrigerated one or two days before serving.

YIELD: 6 servings.

Garlic Bread Casserole

- 1 eggplant (2 lbs.)
- 1 teaspoon salt
- Water to cover
- 1 tablespoon instant mixed onion
- $\frac{1}{4}$ cup sweet pepper flakes
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup olive or salad oil
- $\frac{1}{2}$ cup Spanish type tomato sauce
- $\frac{1}{4}$ cup water
- 5 stuffed olives, sliced
- 1 teaspoon oregano leaves
- 1 teaspoon capers
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant garlic powder
- 1/16 teaspoon ground red pepper
- 2 cups diced cooked beef
- $\frac{1}{2}$ teaspoon salt
- 6 slices Italian bread
- 2 tablespoons butter or margarine
- $\frac{1}{8}$ teaspoon instant garlic powder

Wash, peel and cut eggplant into $\frac{1}{2}$ -inch dice. Place in a bowl with the 1 teaspoon salt. Cover with water. Combine the next 3 ingredients; set aside for 10 minutes. Heat olive or salad oil, add softened vegetables and saute until golden. Stir in the next 8 ingredients. Cook slowly 5 minutes. Add meat and the $\frac{1}{2}$ teaspoon salt. Drain eggplant, reserving 1 cup of the water, and add to the sauce. Place eggplant cubes in a 2-quart casserole. Spoon meat sauce over all. Cover and bake in a preheated moderate oven (350° F.) 30 minutes. In the meantime blend softened butter or margarine and instant garlic powder; spread on bread slices. Remove cover from casserole and top with garlic bread slices. Return to oven and continue cooking 5 minutes or until bread is lightly browned.

YIELD: 6 servings.



Tossed Salad Dressing

- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ cup French dressing

Put all ingredients into a bowl and mix with a rotary beater or a wire whisk. Chill thoroughly before serving.

YIELD: 1 $\frac{1}{2}$ cups.

Marinated Spareribs

Letting meats stand in a good, garlicky marinade enhances flavour at the same time the meat is tenderized. Instant garlic powder is easy to use in marinades.

- 4 pounds spareribs (cracked at large end)
- $\frac{1}{2}$ cup salad oil
- $\frac{1}{4}$ cup tomato ketchup
- 2 tablespoons cider vinegar
- 2 tablespoons chili sauce
- 1 tablespoon soy sauce
- 2 teaspoons instant minced onion
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon instant garlic powder

Place spareribs on rack in shallow roasting pan; cover with foil. Bake in preheated moderate oven (350° F.) 1 hour, or until excess fat is melted. Drain off fat. Cool meat enough to handle. Meanwhile, in bowl, combine oil, ketchup, vinegar, chili sauce, soy sauce, instant onion, salt, pepper and garlic powder; mix well. Pour into a large plastic bag. With scissors, cut meat into 3 rib serving pieces; add to marinade in bag. Fasten bag opening securely leaving about 1 $\frac{1}{2}$ inches free over the meat. Refrigerate 2 hours. Turn bag twice to distribute marinade. Return spareribs to rack in roasting pan; pour excess marinade into cup. Bake in preheated moderate oven (350° F.) for 1 hour, brushing occasionally with marinade. Cover pan with foil; continue to bake another 20 minutes or until meat is fork-tender, and nicely glazed.

FOR OUTDOOR COOKING:

Thread meaty sections of ribs on skewers; grill over glowing coals, turning often and brushing with remaining marinade, until meat is fork-tender and deep brown — about 10 minutes.

YIELD: 6 servings.

Sweet & Sour Basting Sauce

- 1 cup white sugar
- 1 teaspoon mustard
- 1 teaspoon paprika
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 cup cider vinegar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{3}{4}$ cup ketchup
- 3 tablespoons worcestershire sauce
- 1 tablespoon curry powder

Mix ingredients thoroughly and simmer 5 minutes. Sufficient for 2 broilers.

Tarragon (*Artemisia dracunculus* L.)

TARRAGON IS FAVORITE HERB OF FRENCH COOKS

THE FRENCH EPICURE, Brillat-Savarin, said, "The discovery of a new dish does more for the happiness of man than the discovery of a star." Cooks who discover tarragon, or *estragon* to give it its French name, are on their way to discovering the happiness of many new dishes. Some of France's most famous dishes are redolent of tarragon, especially such sauces as *Béarnaise*, *Ravigote* or *Sauce Gribiche*.

The personal history of tarragon is sketchy, although the first written record of the herb was made by an Arabian doctor seven centuries ago, but he was interested only in its medical properties. Tarragon may have been transported to Europe by the Crusaders, for the nine Crusades acquainted European soldiers with numerous other Near-Eastern and Eastern foods. When it reached western Europe, the French seem to have taken it for their own.

We know the name "tarragon" is of Arabic origin, and means "little dragon." That's because the shape of its roots suggested a dragon. The plant is actually a native of Siberia, Tartary and Chinese Mongolia.

In Canada we are most familiar with tarragon as a flavouring for fine salad vinegars or gourmet salad dressings but actually its uses are myriad. It's a delightful seasoning for chicken, turkey, veal and seafood, just to start a list. It teams beautifully with dehydrated onion, garlic or chives and pepper, black or white. Among herbs, its best friends are parsley, chervil and bay leaf.

Tarragon Sauce (For Fish)

- 1 cup mayonnaise
- 1½ teaspoons tarragon
- 1 pimento minced
- 1 green pepper minced
- 1 teaspoon of chives
- 1½ tablespoons ketchup

Combine all ingredients thoroughly. Delicious with fish.

Any chicken dish flavoured with tarragon tastes like a company dish, and this delicious Tarragon Chicken is no exception. The extra sauce is especially nice served over rice.

White Sauce

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup milk

Melt butter in a small saucepan over low heat. Blend in the flour, salt and pepper. Slowly stir in the milk, blending well. Cook 3 minutes, stirring constantly, until sauce is thickened and smooth.

YIELD: 1 cup.

Tarragon Salad Dressing

Tarragon Salad Dressing is world famous for flavour and can be used in making a wide variety of delicious salads.

- ¼ cup dairy sour cream
- ¼ cup mayonnaise
- ¾ teaspoon tarragon leaves, crumbled
- ⅛ teaspoon instant onion powder
- ⅛ teaspoon salt
- 1/16 teaspoon ground black pepper
- 1 teaspoon lemon juice

Blend all ingredients; mix well. Chill one hour before serving. Serve with one of the following combinations:

1. Sliced bananas and pineapple chunks
2. Apples, celery and chopped walnuts
3. Chicken or tuna chunks, celery and seedless grapes
4. Shredded cabbage and crushed pineapple
5. Grated carrots, seedless raisins and chopped nuts

YIELD: ½ cup dressing.

Roast Tarragon a la Francaise

Nothing simpler than roasting a chicken well brushed with tarragon butter. Equally good cold, served with a salad.

- 5 pound ready-to-cook roasting chicken
- 2 tablespoons lemon juice
- 2½ teaspoons salt
- ½ cup butter or margarine, softened
- 1½ teaspoons tarragon leaves, crumbled

Brush chicken inside and out with lemon juice mixed with salt. Mix butter with tarragon and generously rub into skin of chicken saving some to place into cavity. Place chicken breast side up on rack in roasting pan; roast in moderate oven (375° F.) for one hour and 20 minutes or until done. Baste occasionally with pan drippings. Serve with pan roasted potatoes, if desired.

YIELD: 4 to 6 portions.

Barbecue Fish

- 1 pound filets of sole, cod or haddock
- 2 tablespoons minced onion
- 1 cup tomato juice
- 2 tablespoons vinegar
- 2 tablespoons corn syrup
- ½ teaspoon salt
- ¼ teaspoon tarragon
- ½ teaspoon parsley
- ¼ cup bread crumbs

Combine onion, tomato juice, vinegar, corn syrup, salt and tarragon. Simmer for 20 minutes. Arrange fish filets, one layer deep in an oiled baking dish. Sprinkle with parsley. Cover with the hot barbecue sauce. Top with bread crumbs. Bake in a very hot oven 500° F. for 10 minutes.

YIELD: 3 - 4 servings.

Sharp Cheese Sauce

Good on cauliflower, asparagus and green beans.

- 1 cup hot White Sauce, above
- 1 teaspoon dry mustard
- 1 cup grated sharp cheddar cheese
- 1 teaspoon tarragon leaves

Blend a little hot sauce with the mustard. Add the mustard mixture and cheese to the remaining hot sauce; stir over low heat until cheese melts. Add and stir in the tarragon.

YIELD: 1½ cups.

Meat Loaf

- 1 pound minced beef
- ½ pound minced veal
- 1 cup finely chopped celery
- ½ cup finely chopped onion
- 3 tablespoons minced green pepper
- 1 cup uncooked quick oatmeal
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 2 teaspoons tarragon leaves
- 1 egg, beaten
- 1 cup canned condensed tomato soup
- 1 tablespoon dry mustard
- 1 teaspoon vinegar
- 1 teaspoon water

Set oven for moderate, 350° F. Grease a loaf pan, about 9 x 5 x 3-inches. Into a large bowl, put beef and next 10 ingredients; toss with two forks until ingredients are blended. Turn mixture into the pan and press into the corners. Make a paste of the mustard, vinegar and water. Spread it evenly over the meat. Bake 1 hour or until loaf is brown. Remove loaf from oven and allow to stand 10 minutes in the pan. Place serving platter on top of pan and invert both pan and platter; remove pan. To serve, cut meat in crosswise slices.

YIELD: 6 to 8 servings.

Tarragon Chicken in Casserole

- 3 to 3½ pound broiler-fryer chicken, cut into 8 pieces
- 1¼ teaspoons salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive or salad oil
- 1 can (28 oz.) whole tomatoes
- ½ pound (2½ cups) sliced mushrooms
- ¼ pound (½ cup) diced cooked ham
- ½ cup white wine
- ¼ cup sweet pepper flakes
- 2 teaspoons instant minced onion
- 1¼ teaspoons tarragon leaves, crumbled

Sprinkle chicken with salt and black pepper. Heat oil in a heavy skillet or electric frying pan; add chicken and brown well on all sides, about 10 to 15 minutes. Pour off excess oil remaining in casserole. Drain tomatoes, reserving ¼ cup of the liquid. Mash tomatoes. Add tomatoes, reserved liquid, mushrooms, ham, wine, pepper flakes, minced onion and tarragon. Bring to boiling point, reduce heat; cover and simmer 30 minutes or until chicken is tender. Serve with sauce spooned over the chicken. Flavour improves on second day.

YIELD: 4 to 6 portions.

Parsley (Dried) (*Petro selinum* *Sativum Hoffm.*)

IF, TO YOU, a fish is a fish is a fish when you meet him in the fish market, take heart. There are some 160 varieties of fish on sale at one season or another, but most of us can identify not more than a half dozen of them.

Since cooking methods may vary, do however know whether you are buying a "fat" or a "lean" fish; the fat content can vary from one to 20 percent by weight. Fat fish—such as a salmon or shad—are best for baking, broiling and planking. Lean fish—halibut, cod and haddock, for instance—have firm flesh and are preferred for poaching and steaming.

All fish—big, little; fat, lean; whole or cut up in the usual ways—taste best when knowingly seasoned. One of the most universal seasonings for fish is parsley. Its flavour has been a mainstay of butters, sauces and stuffings for seafood for many centuries. Now its esteemed aroma reaches us in dehydrated form. Parsley flakes, a triumph in convenience, came on the scene shortly after World War II.

Since parsley flakes have a mild, though intriguing flavour, they needn't even be measured as precisely as other herbs and spices. Actually a tablespoon of dehydrated parsley flakes is equivalent to a half cup of chopped fresh parsley. Only rarely is it necessary to soak parsley flakes in water or a comparable fluid before use. Most sauces, soups, stews, etc., have enough moisture to rehydrate the flakes. Whenever parsley flakes are used in a thick mixture, to be eaten soon, such as an egg salad sandwich filling, it may be desirable to mix the flakes with an equal measure of water or milk and let them stand 5 minutes before blending with the other ingredients.

Parsley flakes are usually sold in larger containers than most herbs and spices because they can be used freely in such a great variety of dishes.

Shrimp Creole

- ¼ cup olive or salad oil
- 3 tablespoons flour
- 1 can (1 lb. 12 oz.) tomatoes
- ¼ cup onion flakes
- ¼ cup sweet pepper flakes
- ¼ cup celery flakes
- 1 tablespoon parsley flakes
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon thyme leaves
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon cayenne
- 1 lb. large shrimp, cooked, peeled and deveined
- Cooked rice

In large saucepan heat oil; stir in flour. Cook, stirring, until lightly browned. Add tomatoes and ½ cup water. Bring to boil. Add onion, sweet pepper, celery and parsley flakes. Cover; simmer over low heat 10 minutes. Add remaining ingredients except shrimp and rice; continue to cook 10 minutes longer. Just before serving add shrimp. Cook about 5 minutes or until shrimp are heated. Serve over cooked rice.

YIELD: 6 servings.

Creole Fish Sauce

- 1 can (1 lb.) tomatoes
- 3 tablespoons onion flakes
- 2 tablespoons sweet pepper flakes
- ¼ teaspoon celery salt
- 1 bay leaf
- 2 tablespoons butter or margarine
- 2 tablespoons parsley flakes
- 2½ to 3 lbs. swordfish or salmon steaks, whitefish or halibut, cleaned, washed and wiped
- 2 teaspoons lemon juice
- ⅛ teaspoon ground black pepper

In a saucepan combine the first 5 ingredients. Cook over low heat, stirring often, for 5 minutes or until slightly thickened. Add 1 tablespoon butter or margarine and parsley flakes. Cook another 2 or 3 minutes. Set aside. In shallow buttered baking dish, arrange fish. Brush with lemon juice and sprinkle with ground black pepper. Cover fish with the sauce. Dot the top with remaining butter or margarine. Bake in a preheated hot (400° F.) oven for 35 minutes. Fish should flake when tested with fork. Serve hot.

YIELD: 2 cups sauce.

Baked Fish Parsley Dressing

- 2 lb. Boston mackerel, flounder shad or sea bass, scaled, cleaned and backbone removed
- 1 tablespoon fresh lemon juice
- 1 teaspoon instant minced onion
- 1 teaspoon water
- 2 cups ¼-inch white bread cubes
- ½ teaspoon celery salt
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon thyme leaves
- 3 tablespoons parsley flakes
- 3 tablespoons butter or margarine
- 1 can (10½ oz.) cream of celery soup

Wash fish in cold water and wipe dry. Brush inside and out with lemon juice. In a bowl soften instant minced onion in water for 5 minutes. Add bread cubes, celery salt, ground black pepper, thyme leaves, 2 tablespoons parsley flakes and 2 tablespoons butter or margarine, melted. Mix well. Place fish in a buttered shallow baking dish. Spoon in and fill with the bread mixture and fasten together near edges with 4 skewers or food picks. Dot fish with remaining butter or margarine. Sprinkle with remaining parsley flakes. Spoon soup over fish. Bake in a preheated moderate oven (350° F.) about 40 minutes. Fish should flake when tested with fork.

YIELD: 4 servings.

Vischkoekjes

(Fish Cakes)

- 1 package (1 lb.) frozen fish fillets, defrosted
- 6 slices white bread
- ½ cup milk
- 2 eggs, lightly beaten
- 2 tablespoons butter or margarine, melted
- 2 tablespoons parsley flakes
- 1½ teaspoons salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground nutmeg
- Dry bread crumbs
- Oil for frying

Arrange fish in a single layer in a large skillet. Cover with boiling water or court bouillon. Bring to boiling; reduce heat and simmer, covered, 5 minutes or until fish flakes. Remove from liquid. Flake fish with a fork. Trim crusts from bread; pour milk over bread to soften. Add fish, eggs, butter, parsley, salt, black pepper and nutmeg; mix well. Shape into 12 patties, using about ¼ cup mixture for each fish cake. Coat generously with dry bread crumbs. Fry fish cakes in hot oil ¼-inch deep, about 2 to 3 minutes on each side or until golden brown. Drain and serve.

YIELD: 6 portions.

Parsley Butter for Fish

- ¼ cup butter
- ⅛ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon parsley flakes

In small saucepan melt butter over low heat. Add ground black pepper, salt, lemon juice and parsley flakes. Mix well and keep warm for at least 10 minutes before serving. Serve over broiled or baked fish such as fillet of sole, cod steaks, haddock or pike.

YIELD: 4 servings.



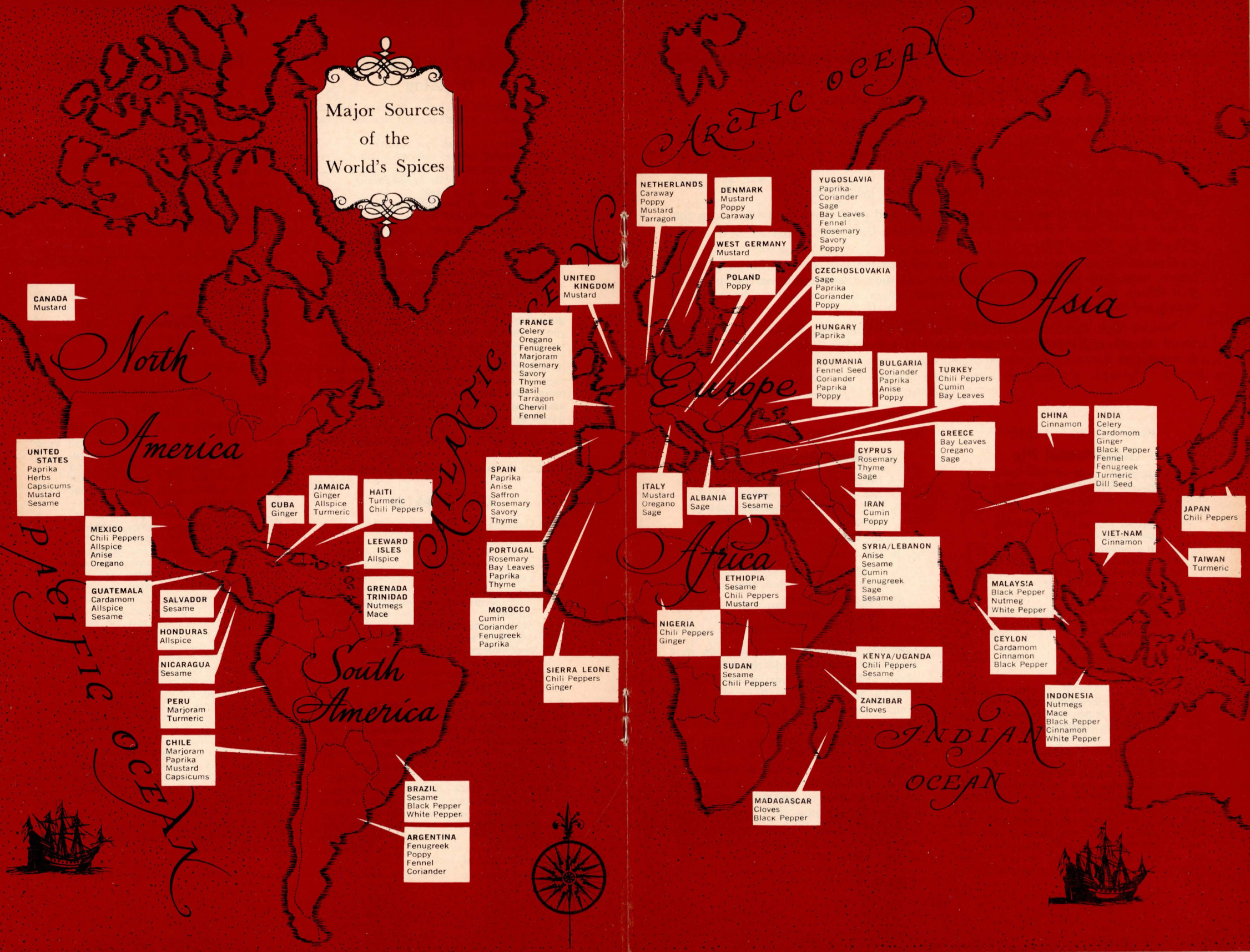
FALL SUCCESS WITH HERBED VEGETABLES

Parsley, tarragon, rosemary, mint, thyme, garlic, dill and chives are dried herbs that can all add exciting flavour to our wonderful fall vegetables — squash, cucumbers, tomatoes, green peppers, onions, cabbage, cauliflower and spinach.

A hint of garlic in vegetables gives appetizing aroma, but use it discreetly. Remember, too, that garlic powder is more potent than garlic salt since the latter is a mixture of pure garlic and table salt. In some areas instant minced garlic is also available. 1/16 teaspoon of garlic powder for a 6-portion dish is quite adequate. About twice as much garlic salt may be used but be careful. There is also an excellent garlic and parsley salt on the market. In a similar flavour category are freeze-dried chives — used much the same as fresh chives — and instant large chopped onion — 1 tablespoon is equal to ¼ cup large chopped fresh onion.

So flavour and savour our bounteous fall vegetables with the added touch of herbs and spices.

Major Sources of the World's Spices



CANADA
Mustard

UNITED STATES
Paprika
Herbs
Capsicums
Mustard
Sesame

MEXICO
Chili Peppers
Allspice
Anise
Oregano

GUATEMALA
Cardamom
Allspice
Sesame

SALVADOR
Sesame

HONDURAS
Allspice

NICARAGUA
Sesame

PERU
Marjoram
Turmeric

CHILE
Marjoram
Paprika
Mustard
Capsicums

CUBA
Ginger

JAMAICA
Ginger
Allspice
Turmeric

HAITI
Turmeric
Chili Peppers

LEEWARD ISLES
Allspice

GRENADA
TRINIDAD
Nutmegs
Mace

BRAZIL
Sesame
Black Pepper
White Pepper

ARGENTINA
Fenugreek
Poppy
Fennel
Coriander

FRANCE
Celery
Oregano
Fenugreek
Marjoram
Rosemary
Savory
Thyme
Basil
Tarragon
Chervil
Fennel

UNITED KINGDOM
Mustard

SPAIN
Paprika
Anise
Saffron
Rosemary
Savory
Thyme

PORTUGAL
Rosemary
Bay Leaves
Paprika
Thyme

MOROCCO
Cumin
Coriander
Fenugreek
Paprika

SIERRA LEONE
Chili Peppers
Ginger

NETHERLANDS
Caraway
Poppy
Mustard
Tarragon

DENMARK
Mustard
Poppy
Caraway

WEST GERMANY
Mustard

POLAND
Poppy

YUGOSLAVIA
Paprika
Coriander
Sage
Bay Leaves
Fennel
Rosemary
Savory
Poppy

CZECHOSLOVAKIA
Sage
Paprika
Coriander
Poppy

HUNGARY
Paprika

ROUMANIA
Fennel Seed
Coriander
Paprika
Poppy

BULGARIA
Coriander
Paprika
Anise
Poppy

TURKEY
Chili Peppers
Cumin
Bay Leaves

GREECE
Bay Leaves
Oregano
Sage

ITALY
Mustard
Oregano
Sage

ALBANIA
Sage

EGYPT
Sesame

CYPRUS
Rosemary
Thyme
Sage

IRAN
Cumin
Poppy

SYRIA/LEBANON
Anise
Sesame
Cumin
Fenugreek
Sage
Sesame

ETHIOPIA
Sesame
Chili Peppers
Mustard

NIGERIA
Chili Peppers
Ginger

SUDAN
Sesame
Chili Peppers

KENYA/UGANDA
Chili Peppers
Sesame

ZANZIBAR
Cloves

MADAGASCAR
Cloves
Black Pepper

CHINA
Cinnamon

INDIA
Celery
Cardamom
Ginger
Black Pepper
Fennel
Fenugreek
Turmeric
Dill Seed

JAPAN
Chili Peppers

VIET-NAM
Cinnamon

TAIWAN
Turmeric

MALAYSIA
Black Pepper
Nutmeg
White Pepper

CEYLON
Cardamom
Cinnamon
Black Pepper

INDONESIA
Nutmegs
Mace
Black Pepper
Cinnamon
White Pepper

Cloves *(Eugenia caryophyllata Thunb.)*

THE SWEET, PUNGENT spiciness of cloves is no longer a prize of war, as in times past, but a practical seasoning tool available to any institutional chef.

Whole cloves are standard for studding ham and pork roasts, and for onions that go into a meat stew or pot roast liquid. Pickling of fruits and spicing of sweet syrups also calls for whole cloves.

Ground cloves have long been used to enhance the taste of such baked goods as breads, buns, fruit cakes and sugar cookies, and such desserts as preserved or stewed fruit fillings and chocolate mixtures. Ground cloves also add zest to beets, winter squash and sweet potatoes.

Besides these standard uses, cloves also give an interesting flavour to bean, beef, cream of pea and cream of tomato soups, to baked fish, and to apple, mince or pumpkin pies.

Gingerbread Pie

- 1 ¼ cups flour, sifted
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon salt
- ¼ cup shortening
- ¼ cup sugar
- ½ teaspoon vanilla
- 1 egg
- ½ cup molasses
- ½ cup hot water
- 2 egg whites
- Few grains of salt
- 2 tablespoons sugar
- ⅛ teaspoon cloves
- ¼ teaspoon cinnamon

Preheat oven to 350° F. Grease a 9 inch pie pan. Sift together flour, baking powder, baking soda, ½ teaspoon cinnamon, ginger and salt. Cream shortening with ¼ cup sugar, add egg and beat until light and fluffy. Beat in molasses. Blend in alternately the combined dry ingredients and hot water, beginning and ending with hot water. Pour into greased pie plate. Bake in preheated oven for about 30 minutes. Meanwhile, beat egg whites with a pinch of salt until stiff but not dry. Beat in sugar gradually; continue beating until well blended. Beat in cloves and the ¼ teaspoon cinnamon, fold in vanilla. Spread evenly on top of hot 'Pie' and bake 15 minutes longer. Serves 6-8.

Clove Almond Cake

- 1 cup sifted all purpose flour
- 1 cup butter or margarine
- 1 ½ cups finely ground unblanched almonds
- 2 egg yolks
- ½ cup sugar
- ½ teaspoon ground cloves
- ½ teaspoon ground cinnamon
- ¾ cup raspberry jam
- 1 tablespoon egg white
- 3 tablespoons confectioner's sugar

Combine flour, butter and almonds in a large bowl; mix well. Add egg yolks, sugar, cloves and cinnamon, mixing ingredients to form a smooth dough. Press ¾ of the dough into a greased loose-bottomed 9 inch layer cake pan. Spread jam over the dough. Refrigerate remaining dough until firm. Roll ball of dough into a circle ¼ inch thick. Cut with pastry wheel into strips ½ inch wide. Arrange criss-cross over jam-covered dough. Brush dough with egg whites and bake in a preheated slow oven (325° F.) for 1 ¼ hours or until lightly browned. Before serving dust with confectioner's sugar.

YIELD: one 9-inch cake.

NOW THERE'S A READY-TO-USE BLEND FOR BARBECUED DISHES

"AL FRESCO" is the world's best seasoner, for this Italian word means "in the fresh air" or the great out-of-doors. It's a dandy arouser of appetites, but, every excursion to the barbecue area — or the nearest beach or brookside — had better be closely followed by the commissary with a basket packed with the makings of an outdoor meal.

No matter what's on the menu, the meat, fish or fowl is sure to be the favourite item. The favourite seasoner of the smart outdoor chef is a blend called barbecue seasoning which mingles, in one container, all the delicious aromas of a half dozen or more spices, herbs and flavour vegetables.

This blend was developed by spice manufacturers as a basic enhancer of marinades and mop sauces. It adds teasing redolence to steaks, chops, meats and fish if sprinkled lightly over the surface of the food during the last few minutes of broiling.

Barbecue Seasoning

While formulas may vary according to manufacturer and brand, the essential spices in barbecue spice are chili peppers, cumin, garlic, cloves, paprika, salt and sugar. It's easy to step up the pungency by adding a bit more chili peppers or cayenne or a speck more garlic powder, according to personal taste.

Crispy Baked Breaded Chicken

Whether hot from the grill or cold in a picnic basket, barbecue spice gives delicious aroma to breaded chicken.

- 2 tablespoons lemon juice*
- ½ teaspoon salt*
- 3 pound broiler-fryer chicken, cut into 8 pieces*
- ⅓ cup flour*
- 2 eggs, beaten*
- ¾ cup fine, dry bread crumbs*
- 1 tablespoon barbecue spice*

Sprinkle lemon juice and salt over chicken. Let stand in refrigerator at least 1 hour. Dredge chicken in flour; shake off excess. Dip chicken in egg, then roll in bread crumbs mixed with barbecue spice. Place on greased baking pan. Bake in a preheated moderate oven (350° F.) 1 hour or until done. Serve hot or cold. If desired, sprinkle with additional barbecue when serving.

YIELD: 4 portions.

Quick Trick Meat Sauce

(For spareribs, chicken or lamb chops)

Combine 1 can (8 oz.) tomato sauce, 6 tablespoons vinegar, ¼ cup sugar, 1½ teaspoons cornstarch and ½ teaspoon barbecue spice in a small saucepan. Heat to boiling point, stirring constantly. Cook until slightly thickened. Use as a sauce over spareribs, chicken or lamb chops.

YIELD: approximately 1½ cups.

Stove Top Zucchini Casserole

Zucchini and tomatoes combine deliciously in a sauce seasoned with barbecue spice and minced onion. Good with any meat, poultry or seafood.

- 2 zucchini cut into 1-inch slices*
- 1 can (1 lb.) stewed tomatoes*
- ½ teaspoon barbecue spice*
- 1 tablespoon instant minced onion*
- ½ cup tiny toasted croutons*
- 2 tablespoons butter or margarine, melted*

Combine zucchini, tomatoes, barbecue spice and minced onion in small saucepan. Bring to boiling point; cover and simmer 10 to 12 minutes or until zucchini is tender. Spoon into a serving dish. Toss croutons with melted butter and scatter over zucchini mixture.

YIELD: 6 portions.

Susan's Sweet 'n Sour Marinade

(For seafood, poultry and cooked vegetables)

Blend together 6 tablespoons liquid from sweet pickles, ¼ cup salad oil, 1 teaspoon barbecue spice, ¼ teaspoon instant onion powder and ⅓ teaspoon salt. Use as a marinade for shrimp, chicken, cooked mixed vegetables, etc. Also good as a salad dressing.

YIELD: approximately 2/3 cup.

Confetti Stuffed Eggs

Barbecue spice adds exciting flavour to stuffed eggs, which are always popular at picnics and patio parties.

- 6 hard-cooked eggs
- 1 tablespoon dried chives
- $\frac{3}{4}$ teaspoon barbecue spice
- 2 tablespoons finely chopped pimiento
- 1 tablespoon catsup
- $1\frac{1}{2}$ teaspoons vinegar

Halve eggs lengthwise and remove the yolks. Press yolks through a fine sieve or mash with a fork. Add remaining ingredients; mix well. Fill the egg cavities with the mixture, using either a spoon or pastry tube. Chill. Serve as a main dish or as an hors d'oeuvre.

YIELD: 12 stuffed egg halves.



Fruited Basting Sauce

(For roast pork or lamb)

Drain, pit and puree 1 can (1 lb. 1 oz.) purple plums reserving $\frac{1}{4}$ cup of the syrup. Combine puree and syrup with 2 tablespoons brown sugar, 2 tablespoons lemon juice and 1 teaspoon barbecue spice. Mix well. Pour sauce over meat and let stand several hours in refrigerator, spooning over meat frequently. Roast meat in preheated slow oven (325° F.) until desired degree of doneness is reached, basting frequently with sauce. Heat remaining sauce until hot and serve with meat.

Seasoned Butter For Steak

One of the easiest of sauces for steaks and hamburgers is melted butter perked up with barbecue spice.

- $\frac{1}{4}$ cup butter or margarine, melted
- 2 teaspoons instant minced onion
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon barbecue spice

Combine all ingredients; mix well. Spoon over broiled steak just before serving. If desired, add salt to taste.

YIELD: $\frac{1}{4}$ cup sauce.

One surprise is that it's possible to get such a big flavour thrill with such a simple combination of ingredients. Much credit goes to barbecue spice!

Quick Mini Meat Loaves

This meat loaf couldn't be easier, for most of the seasoning is included in expertly blended barbecue spice.

- $1\frac{1}{2}$ pounds ground chuck
- 1 can (8 oz.) tomato sauce
- 1 egg, slightly beaten
- $\frac{1}{3}$ cup soft bread crumbs
- 1 tablespoon instant minced onion
- 2 teaspoons barbecue spice
- $\frac{1}{2}$ teaspoon salt

Combine all ingredients. Mix well, but do not overmix. Shape into 6 individual loaves. Place on a baking pan. Bake in a preheated moderate oven (350° F.) 40 minutes or until done. Serve hot or cold in sandwiches.

YIELD: 6 portions.

Hamburger Surprise

- $1\frac{1}{2}$ pounds ground lean beef
- 1 can (2 oz.) mushroom stems and pieces, drained
- 2 teaspoons barbecue spice
- 2 slices American cheese
- 6 slices dill pickle

Lightly combine meat, mushrooms and barbecue spice; do not overmix. Shape into 12 thin patties. Cut cheese into six spears. Place a piece of cheese and a pickle slice on half of the patties; top with remaining patties. Press edges together. Broil 4-inches from heat source three minutes on each side. Serve on toasted buns, if needed.

YIELD: 6 patties.



Barbecued Onions

- 3 large onions
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon M.S.G.
- $\frac{1}{4}$ teaspoon celery salt
- 1 teaspoon barbecue spice

Peel and cut onions into $\frac{1}{2}$ inch slices; do not break apart. Grill six inches from coals 10 minutes on each side or until tender and brown; brush often with a mixture of the remaining ingredients.

YIELD: 6-8 servings.

Mustard (*Sinapis alba* L.)

THE SMALL SEEDS of an annual plant of the mustard family. Two varieties are commonly used and each of these is known by two names — black or brown, and white or yellow.

Mustard originally came from Europe and southwestern Asia. Today, we grow large quantities of Mustard in this country.

Black or brown Mustard is a small, round seed, ranging in size up to 1/16 of an inch in diameter. Its colour is dark brown.

White or yellow Mustard is a small, round seed ranging in size up to 1/16 of an inch in diameter. Its colour is yellow.

The flavour of Mustard is sharp, hot and pungent.

Mustard is available in three forms:

1. Seeds—used whole for pickles, with boiled beets, and as a garnish for salads. Also excellent when boiled with cabbage and kraut.

2. Prepared Mustard—a mixture of ground Mustard with salt, vinegar, spices and other condiments. This is one of Canada's best-loved flavourings. It has the widest application from cold meats to hot garlic, sandwiches and particularly the frankfurter.

3. Powdered Dry Mustard—also known as "Ground Mustard" or "Mustard Flour." It has wide application in the preparation of meats, fish sauces. It constitutes the famous "mustard plaster," used for centuries to relieve respiratory illnesses.

Mustard has been known to men since pre-historic times. The name "Mustard" is a corruption of "must-seeds," since the seeds were processed in Roman-occupied Britain by saturating them in a solution of grape juice or "must," as it was sometimes called.

Mustard Tonga Spareribs

Mustard is a preferred spice in many parts of the world. In the Orient they add it to a wide variety of dishes, including these pineapple-glazed spareribs.

3 pounds pork spareribs

Salt

Pepper

$\frac{3}{4}$ teaspoon powdered mustard

1 can (19 oz.) pineapple chunks

1 tablespoon cornstarch

4 tablespoons orange marmalade

2 tablespoons brown sugar

$\frac{1}{8}$ teaspoon salt

Sprinkle spareribs with salt and pepper. Place on rack in shallow baking pan. Bake in moderate oven (375° F.) for 1½ hours. Drain off fat. In the meantime, mix powdered mustard with $\frac{3}{4}$ teaspoon cold water; let stand 10 minutes for flavour to develop. Drain pineapple chunks, reserving 1 cup syrup. Combine syrup and mustard with remaining ingredients except pineapple chunks. Bring to boiling point; reduce heat and simmer 5 minutes. Spoon sauce over drained baked spareribs. Continue baking 30 to 40 minutes longer, turning and basting occasionally with glaze. Five minutes before cooking time is up, add pineapple chunks to pan and coat with glaze.

YIELD: 4 portions.

Cooked Sour Cream

Salad Dressing

Long-time favoured cooked salad dressing like this gets much of its fine flavour from mustard. Delightful served over vegetables, fish or meat salads.

$\frac{1}{2}$ teaspoon powdered mustard

1 tablespoon flour

1½ teaspoons sugar

$\frac{1}{4}$ teaspoon salt

1/16 teaspoon ground white pepper

1/16 teaspoon instant garlic powder

1 egg yolk

2 tablespoons cider vinegar

1 tablespoon butter or margarine

$\frac{1}{2}$ cup sour cream

Combine mustard with $\frac{1}{2}$ teaspoon cold water. Let stand 10 minutes. In top part of double boiler mix mustard, flour, sugar, salt, white pepper and instant garlic powder with $\frac{1}{4}$ cup cold water. Beat in egg yolk and vinegar. Cook over hot water (not boiling) until thick and smooth, stirring constantly. Remove from heat and add butter. Stir in sour cream and chill.

YIELD: 1 cup.

Exotic Indian Chicken

- $\frac{1}{2}$ teaspoon powdered mustard
- 1 teaspoon water
- 2 teaspoons ground coriander
- $\frac{1}{2}$ teaspoon crushed cayenne
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon ground Cardamom seed
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cumin seed
- $\frac{1}{4}$ teaspoon instant garlic powder
- 1 tablespoon salt
- $\frac{1}{3}$ cup cider vinegar
- 2 tablespoons fresh lemon juice
- 1 pint yogurt
- 2 (3 lb. each) broiler-fryer chicken cut in serving pieces
- $\frac{1}{3}$ cup salad or olive oil

In a small bowl combine powdered mustard and water; let stand 10 minutes for flavour to develop. Add next 10 ingredients and mix well. Blend in yogurt. Place chicken in a large bowl; pour seasoned yogurt mixture over chicken, turning pieces to coat evenly. Cover and refrigerate 12 hours or overnight. Heat oil in a large skillet; add chicken pieces and cook until lightly browned on sides; add more oil if necessary. Place chicken in a shallow baking dish or casserole. Top with remaining yogurt mixture. Bake, uncovered, in a preheated low oven (325° F.) about 1- $\frac{1}{2}$ hours or until chicken is tender. Baste frequently and if necessary brush with additional oil. Serve hot with rice.

YIELD: 6 to 8 servings.



COUNTRY STYLE BEANS

All well-seasoned baked beans demand a bit of powdered mustard for appetite appeal.

Country Style Beans

- 1 quart (2 lbs.) navy or pea beans
- 1 tablespoon powdered mustard
- 1 tablespoon water
- $\frac{3}{4}$ cup maple syrup
- $\frac{1}{2}$ cup onion flakes
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground cloves
- Boiling water
- $\frac{1}{2}$ lb. salt pork

Cover beans with cold water; let stand overnight. Drain. Place beans in large pot; cover with fresh cold water. Cover, bring to a boil, reduce heat and simmer 45 minutes or until skins break. Drain beans and reserve 3 cups of the bean liquid or, if necessary, add additional water to make 3 cups liquid. Combine powdered mustard with water; let stand 10 minutes for flavour to develop. Combine mustard with bean liquid and next 5 ingredients; mix well.

Place alternate layers of beans and seasoned bean liquid in a 3-quart bean pot or two 9 x 5 x 3-inch loaf pans. Pour boiling water over salt pork; let stand 5 minutes. Drain and cut pork in $\frac{1}{2}$ -inch pieces. Bury the pieces in the beans. Cover with lid or aluminum foil and bake in a preheated slow oven (325° F.) 2 $\frac{1}{2}$ hours.

If necessary, add additional boiling water to keep the beans moist. Remove cover and bake another 30 minutes.

YIELD: 12 to 16 servings.

Mustard Baked Eggs

Mustard is one of the most flattering things that ever happened to a good egg, as evidenced by these Mustard Baked Eggs.

- 1 teaspoon powdered mustard
- $\frac{1}{4}$ pound (1 cup) grated sharp Cheddar cheese
- 4 eggs
- 6 tablespoons light cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon cayenne
- 2 tablespoons butter or margarine

Combine mustard with 1 teaspoon cold water; let stand 10 minutes for flavour to develop. Sprinkle grated cheese into buttered 9-inch pie plate. Break eggs over cheese, being careful not to break the yolks. Combine mustard, cream, salt and cayenne; pour over eggs. Dot with butter. Bake in preheated moderate oven (350° F.) 15 to 20 minutes or until eggs are set and cheese melted. Serve immediately, sprinkled with paprika or dried chives, if desired.

YIELD: 4 portions.

Pepper (*Piper nigrum L.*)

WITH CHEF'S HAT AND PEPPERMILL DAD'S KING OF THE OUTDOOR GRILL

IT MIGHT SEEM that father at the barbecue grill is a mid-century social phenomenon, his chef's cap acquired at the same time as the mortgage on the split-level or ranch-house. As a matter of fact, in the old days men did the important cooking, with women in step-and-fetch-it roles. Homer's heros would have felt right at home in modern suburbia. Ulysses was a prize fire-maker and knew just when the coals were ready for broiling. Achilles manned the spit. Patroclus saw to it that everyone had something to drink.

One cook of two thousand years ago gave this advice, "Often taste your dishes while you are boiling them. Do they want salt? Add some. Is any other seasoning needed? Add it and taste again, till you've arrived at harmony of flavour; like a man who tunes a lyre until it rightly sounds."

Most men season to taste, adding black pepper, for instance, "until it rightly tastes." They are venturesome enough to use more pepper than do most women. The gadget-minded man loves peppermills and the pleasing bouquet of the coarsely ground pepper which crackles out of a mill. To please him, spice companies are all packing coarse ground black pepper in addition to regular table grind and whole black pepper berries. (Incidentally, it's hard to get coarse ground pepper through the small holes of an old-fashioned pepper shaker. The smart thing to do is to put coarse ground pepper in a salt shaker which has larger holes in the top.)



OLD-FASHIONED PEPPER POUND CAKE

We may associate pepper with main course dishes, but it's equally intriguing as a spice for cakes and certain desserts.

Black Pepper Pot Roast

Cook this smartly peppered pot roast indoors; serve it out on the patio.

- 4½ to 5 pound bottom round of beef
- 1 (6 oz.) can tomato paste
- 1 small bay leaf
- 1½ teaspoons salt
- 1 teaspoon instant minced onion
- 1½ teaspoons whole black pepper
- 8 small new potatoes, peeled
- 6 medium carrots, halved

In a large Dutch oven brown meat on all sides, fat side first. Reduce heat. Combine 1½ cups hot water, tomato paste, bay leaf, salt and minced onion. Pour over meat. Add whole black pepper tied in cheese cloth bag. Cover and simmer 3 hours, or until meat is almost tender, turning meat frequently. Add potatoes and carrots and continue cooking 30 minutes longer or until meat is tender. Add more ground black pepper if desired.

The lustily peppered marinade in this recipe gives rich flavour to shrimp, fish chunks and mushrooms.

Peppery Marinated Sea Food Kebabs

- 2/3 cup olive or salad oil
- 1/3 cup lemon juice
- 1 1/2 teaspoons instant minced onion
- 1 teaspoon salt
- 1 teaspoon coarse ground black pepper
- 1/4 teaspoon instant garlic powder
- 1 package (12 oz.) frozen, peeled and deveined shrimp, defrosted
- 1 package (12 oz.) frozen fish steaks, defrosted and cut into 1 inch squares
- 1/2 pound fresh mushrooms, sliced into halves

Combine oil, lemon juice, minced onion, salt, black pepper and garlic powder; mix well. Pour over shrimp, fish and mushrooms. Toss gently. Cover and refrigerate 12 hours, turning occasionally. Arrange shrimp, fish and mushrooms on skewers. Place under broiler for 10 minutes, basting occasionally and turning once, or, broil over hot coals basting and turning until done.

YIELD: 4 portions.

First thoughts on seasoning, of course, are pepper and salt. For a fresh "fruity" pepper, there is Whole Black Pepper both black and white for use in a pepper mill. Black and white pepper are also available, ground, in shaker top cans. Black pepper is slightly sharper than white. For each 2 pounds of meat, use from a few grains to about 1/8 teaspoon. Celery Pepper adds a delicate celery flavour to foods. Use about twice as much celery pepper as you would pure pepper.

Spiced Sauteed Mushrooms

Mushrooms are an ideal accompaniment to barbecued meats, especially when liberally peppered and enhanced with lemon juice and anchovy fillets.

- 1 pound fresh mushrooms, sliced or 2 cans (10 oz. each) sliced mushrooms
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter or margarine
- 1/4 teaspoon instant garlic powder
- 2 tablespoons parsley flakes
- 5 teaspoons lemon juice
- 4 anchovy fillets, finely minced, optional

If using fresh mushrooms, add to hot oil in large skillet. If using canned mushrooms, drain well and dry on paper toweling before adding to hot oil. Sprinkle with salt and pepper. Sauté 4 to 5 minutes, stirring frequently. Add remaining ingredients. Heat thoroughly and serve hot as accompaniment to veal, broiled fish and seafood or cheese main dishes.

YIELD: 6 portions.

Green Rice

- 3/4 cup green onions, thinly sliced
- 3 tablespoons salad oil
- 1 cup rice, uncooked
- 1/2 cup green peppers, minced
- 1 tablespoon parsley
- 2 cups chicken stock
- 1 teaspoon salt
- 1/4 teaspoon pepper

Cook green onions in salad oil until soft but not browned. Add remaining ingredients. Pour into a 2 quart baking dish with cover. Bake at 350° F. for 30 minutes, or until rice is tender. Toss lightly with a fork before serving.

YIELD: 4 servings.

Old-Fashioned Pepper Pound Cake

- 8 eggs, separated
- 2 1/4 cups sifted all-purpose flour
- 1/4 teaspoon baking soda
- 2 1/4 cups sugar
- 1 1/2 cups butter or margarine, softened
- 2 tablespoons lemon juice
- 2 teaspoons vanilla extract
- 1 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1 1/2 teaspoons cream of tartar
- Confectioners' sugar

Sift together flour, soda and 1-1/4 cups sugar. In large bowl blend butter with flour mixture slightly, using low speed of electric mixer. Add lemon juice and vanilla. Beat in egg yolks one at a time, using low speed. In another large bowl beat egg whites until frothy. Add pepper and salt. Gradually add 1 cup of the sugar with cream of tartar, beating well after each addition. Beat until soft peaks form. Fold egg whites into batter. Pour batter into 10-inch greased and floured tube or bundt pan. Using a spatula, cut through cake batter. Bake in a preheated slow oven (325° F.) 1 1/2 hours or until cake tester inserted in center comes out clean. Turn off heat and allow cake to remain in oven 15 minutes longer. Cool cake on wire rack 15 minutes. Unmold cake and cool thoroughly. Sprinkle with confectioners' sugar.

YIELD: 1 10-inch cake.

Basil (*Ocimum basilicum* L.)

THIS HERB'S SWEET and warm flavour and pungent undertone lend excitement to lamb chops, stews and ragouts, salad dressings, poultry and fish stuffings and soup. Basil also enhances the natural flavour of eggs and cheese and a host of vegetables, including peas, broccoli, zucchini, squash and green snap beans.

Many lasagne, pizza and spaghetti recipes will always receive their distinctive taste from basil.

Clam Spaghetti Sauce

It takes just a spoonful of basil-flavoured Genoese Sauce to give an Italian accent to this easy clam sauce for spaghetti.

- 1 package (1 lb.) spaghetti
- $\frac{1}{4}$ cup olive oil
- 1 can (10½ oz.) minced clams
- 1 tablespoon Genoese Sauce

Cook spaghetti according to package directions. Five minutes before spaghetti is to be drained, heat oil in a medium-size skillet. Stir in clams and Genoese Sauce. Cook until just heated, stirring constantly. Pour over drained spaghetti.

YIELD: 4 portions.

Genoese Sauce

GENOESE SAUCE — to be used in a soup, spaghetti sauce or stuffed mushrooms.

(Pesto)

- $\frac{1}{4}$ cup basil leaves, crumbled
- 1 teaspoon lemon juice
- $\frac{1}{2}$ cup grated Parmesan cheese
- 5 tablespoons olive oil
- 2 tablespoons pine nuts, crushed
- $1\frac{1}{2}$ teaspoons instant garlic powder

Mix basil with $1\frac{1}{2}$ teaspoons water and lemon juice; let stand 5 minutes for flavour to develop. Add remaining ingredients; mix to form a paste. Store in a closed jar in the refrigerator and use as needed.

YIELD: 1 cup.

Vegetable Soup

A dab of Genoese Sauce gives aroma to hot soup. This is its most famous use.

- 1 can (10½ oz.) vegetable or minestrone soup
- 1 tablespoon Genoese Sauce

Prepare soup according to label directions. Just before serving blend in Genoese Sauce. Serve hot.

Stuffed Mushrooms

Genoese Sauce keeps well in the refrigerator, ever-ready for appetizing uses such as in stuffing mushrooms.

- 1 pound (18 to 20) medium-sized mushrooms
- $\frac{1}{2}$ cup oil
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 1 egg, lightly beaten
- 1 to 2 tablespoons Genoese Sauce
- $\frac{3}{4}$ cup soft bread crumbs
- Paprika

Remove stems from mushrooms. Chop stems (makes about $1\frac{1}{2}$ cups); set aside. Brush caps, inside and out, with oil. Sprinkle lightly with salt. Place mushrooms in baking pan, cavity side up. Heat butter in medium-sized skillet. Add chopped stems and sauté until lightly browned. Remove from heat. Stir in egg, Genoese Sauce and bread crumbs. Fill caps with mixture. Bake in a preheated moderate oven (350° F.) 10 to 12 minutes. Garnish with paprika. Serve as a meat accompaniment or as an hors d'oeuvre.

YIELD: 18 stuffed mushrooms.

THE ADDED TOUCH

Sprinkle a little cinnamon on squash before baking it.

Try a sauce lightly flavoured with mustard, on green beans. Add a pinch of ginger to the sugar used for glazing tiny carrots.

Add a teaspoon of dried dill to cabbage when cooking it.

Mint *(Mentha piperita L. and Mentha spicata L.)* (Flakes or Leaves)

OF THE MANY varieties of Mint, only Peppermint and Spearmint are important as flavourings for foods. Spearmint, called that because of its steeple-shaped flower spikes, is native to the Mediterranean and used for many centuries. (It is called Our Lady's Mint in France and Erba Santa Maria in Italy.) It was known to the ancients as the very symbol of hospitality. It was crushed and rubbed on table tops; strewn, as the herbalist Gerarde writes "in chambers and places of recreation, pleasure and repose" and crushed as a perfume for the bath.

Peppermint seems to have remained unknown until the end of the 17th Century when it was discovered in England growing as a wild plant. Like Spearmint its aroma is strong and sweet with a cool after-taste.

Mint for the spice shelf is sold as Flakes or Leaves. It is a very popular flavour for candies and frozen desserts of many kinds; teams deliciously with chocolate and many fruits and is a good addition to tossed green salads.

Minted Yogurt Soup

(Greek)

$\frac{1}{2}$ cup raw, regular cooking rice
1 tablespoon flour
2 teaspoons mint flakes, crumbled
 $1\frac{1}{2}$ teaspoons salt
1 egg, lightly beaten
2 cans (10½ oz. each) chicken broth
1 cup (8 oz.) plain yogurt or sour cream
Combine rice, flour, mint flakes and salt in large saucepan. Mix in egg. Add broth, yogurt and 1½ cups water. Bring mixture to boiling point, stirring constantly. Reduce heat and simmer until rice is cooked, 25 to 30 minutes, stirring occasionally. Soup may be served hot or cold, topped with a dollop of yogurt, if desired. If soup is too thick, thin with a small amount of water.
YIELD: 4 to 5 portions.

Are lamb kebabs on the menu today? Give your menu a completely Near East aroma with a minted tomato and lettuce salad.

Tomato Mint Salad

(Greek)

3 tablespoons olive or salad oil
3 tablespoons lemon juice
1 teaspoon mint flakes, crumbled
1 teaspoon paprika
1 teaspoon instant minced onion
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon instant minced garlic
 $\frac{1}{4}$ teaspoon ground black pepper
3 to 4 large tomatoes, sliced
Lettuce leaves

Combine oil, lemon juice, mint flakes, paprika, minced onion, salt, minced garlic and black pepper in a small bowl. Blend with a rotary beater until well mixed. Refrigerate at least 30 minutes. Serve over sliced tomatoes on a lettuce-lined salad plate.

YIELD: $\frac{1}{2}$ cup dressing or sufficient for 6 portions.

Minted Lamb Kebabs

(Greek)

Add mint flakes to your favorite marinade whenever you long for something a bit different on your barbecue grill. Or prepare this easy mixture.

2 pounds boned lean lamb
1 cup dry red wine $\frac{1}{4}$ cup olive oil
1 tablespoon instant minced onion
2 teaspoons mint flakes
 $1\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon oregano leaves
 $\frac{1}{4}$ teaspoon ground black pepper
4 whole allspice
1 small eggplant 6 cherry tomatoes

Cut lamb into 1-inch cubes. Place meat in a small bowl or plastic bag. Combine remaining ingredients except eggplant and tomatoes; mix well. Pour over lamb cubes. Refrigerate 12 to 18 hours, turning occasionally. Peel eggplant and cut into 1-inch cubes. Arrange lamb on skewers alternately with eggplant. Broil 4 inches from source of heat 15 to 18 minutes or until done, turning and brushing several times with marinade. Place a cherry tomato at end of each skewer. Return to broiler for 2 minutes to heat tomato.
YIELD: 6 portions.

Mint Sauce

$\frac{1}{4}$ cup vinegar $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup flaked dried mint leaves
1 tablespoon lemon juice
1 to 2 tblsp. sugar $\frac{1}{4}$ tsp. salt

Simmer vinegar, half the water and half the mint until reduced about half (4-5 minutes). Strain. Add remaining water, lemon juice, sugar, salt and remaining mint. Bring to a boil and chill. Makes about $2\frac{2}{3}$ cup sauce. Note: 1 tblsp. sugar makes a tart sauce with the 2 tablespoons sugar make a little sweeter one.

Chili Powder

THERE WAS ONCE a Stone Age . . . a Bronze age . . . an Age of Reason . . . an Age of Enlightenment. Now we seem to be an Age of Convenience. That mood is reflected in everything, and particularly in convenience foods.

In this age of convenience foods, have you stopped to think of how many convenient blends of spices you can buy? Right up there at the head of the list is chili powder, an aromatic blend of ground chili peppers, cumin seed, oregano, powdered garlic and salt. There is also barbecue spice, curry powder, poultry seasoning, seafood seasoning, crab boil, herb seasoning, mixed pickling spice, plus apple pie spice, pumpkin pie spice, and many others. Even if you are a beginning cook, you can hardly go wrong with this battery of subtle, all-in-one blends. Convenience blends save time, too. You don't have to open a lot of separate containers and measure out spices and herbs one by one.

We eat more chili powder than we think, for a great deal is used in commercially prepared convenience foods — sausage products, salad dressings, sauces, such as chili and barbecue sauces, pork and beans, catsup and many others.

Chili Rarebit

- 1 pound sharp Cheddar cheese
- 1/3 cup butter or margarine
- 1/4 cup warm milk
- 1 1/2 teaspoons chili powder
- 1 egg
- 1/4 teaspoon salt
- Hot toast or toasted crackers

Dice cheese and place in top part of double boiler with butter. Cook over hot water (not boiling) until cheese has melted. Stir in milk and chili powder with wire whisk. Continue stirring until smooth. Beat in egg and salt. Cook slowly 1 minute or until of medium thickness. Serve hot over toast or crackers.

YIELD: 6 servings.

Chili Go-Go Sandwich

- 2 loaves Italian bread, each about 13 inches long
- 6 tablespoons catsup
- 3 cups Refried Beans
- 1/2 cup mayonnaise
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground black pepper
- 1 small head escarole, cut in pieces
- 12 slices sharp Cheddar cheese
- 12 slices cooked ham
- 12 slices chicken or turkey
- 3 large tomatoes, cut in thick slices
- 12 slices Canadian Colby cheese
- 12 strips crisp bacon
- 12 stuffed olives
- 1/3 cup softened butter or margarine
- 1/2 teaspoon chili powder

Cut off top third of each loaf. Scoop out centers of bottom parts of bread to make a well. Spread catsup over well surface and fill with Refried Beans. Blend together next 3 ingredients; set aside for later use. On top of beans arrange in layers, escarole, Cheddar cheese, ham, 2 tablespoons chili-mayonnaise, chicken or turkey, another 2 tablespoons chili-mayonnaise, more escarole, tomatoes and Canadian Colby cheese. Garnish with bacon and olives. Blend with chili-butter and cover sandwiches. Before serving out in diagonal slices.

Chili Beans, Mexican Style

- 1/2 cup onion flakes
- 1/2 pound bulk pork sausage
- 2 cups peeled sliced tart apples
- 1 1/2 cups tomato juice
- 1 tablespoon brown sugar
- 3 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon instant garlic powder
- 2 cans (15 oz.) red kidney beans, drained
- Sour cream

Combine onion flakes and 1/2 cup water; let stand 5 minutes to soften. Mix with sausage, apples, tomato juice, brown sugar, and seasonings. Bring to boiling point. Add kidney beans and simmer uncovered 15 to 20 minutes or until most of liquid has evaporated. Serve hot topped with Sour cream.

Sauerbraten

- 3 lbs. cubed stewing beef
- $\frac{1}{4}$ teaspoon garlic powder
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 cups vinegar
- 2 cups water
- 2 tablespoons instant minced onion
- 2 whole bay leaves
- 2 tablespoons chili powder
- 1 tablespoon whole peppercorns
- $\frac{1}{4}$ cup sugar
- Fat*
- Flour*
- 1 cup sweet or sour cream

Sprinkle meat with garlic powder, chili powder, salt and black pepper and place in a bowl. Heat vinegar, water, onion, bay leaves, peppercorns and sugar together, but do not boil. Pour hot mixture over meat and let stand at room temperature for one hour, stirring occasionally. Drain and save vinegar mixture. Brown meat in fat, add half of strained vinegar, cover pan and simmer for one hour until tender. Add more vinegar as required to keep liquid $\frac{1}{2}$ inch deep in pan. Strain liquid and thicken with 2 tablespoons flour. Cook until thickened and add cream.

YIELD: 4 servings.

Chili Cheese Casserole

- 1 $\frac{1}{2}$ pounds ground beef
- 1 tablespoon oil
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon instant minced garlic
- $\frac{1}{2}$ teaspoon ground cumin seed
- 1 can (28 oz.) tomatoes
- $\frac{1}{2}$ teaspoon sugar
- Dash ground black pepper
- $\frac{1}{4}$ cup instant minced onion
- $\frac{1}{4}$ cup water
- 1 can (15 oz.) kidney beans
- 3 tablespoons chili powder
- 3 cups corn chips
- 1 cup grated Canadian cheese

Brown meat in oil, stirring frequently. Add salt, garlic, cumin, tomatoes, sugar and pepper. Stir and cook until mixture has thickened, about 25 minutes. Meantime, in separate small bowl, combine onion and water and let stand 10 minutes to soften. Set aside to use in assembling casserole. Add kidney beans and chili powder to thickened mixture. Place 2 cups of corn chips in 2-quart baking dish. Sprinkle rehydrated chopped onion and half of grated cheese on top. Pour chili over onion and cheese. Top with remaining corn chips and grated cheese. Bake at 350° F. for 15 to 20 minutes.

YIELD: 6 to 8 servings.

Chili Cornbread Casserole

- 1 $\frac{1}{2}$ pounds ground beef
- 2 tablespoons salad oil
- 1 can (28 oz.) tomatoes
- 1 can (20 oz.) red kidney beans
- $\frac{3}{4}$ cup chopped ripe olives
- 2 tablespoons chili powder
- 2 tablespoons instant minced onion
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 package (12 oz.) corn muffin mix

Brown meat in oil. Add remaining ingredients except corn muffin mix and mix well. Pour into greased 3-quart casserole. Bake in preheated slow oven (325° F.) 30 minutes. Prepare muffin mix according to package directions. Spoon mixture around edge of hot casserole leaving an opening in the middle. Return to oven and increase oven temperature to 425° F. Bake an additional 25 minutes.

YIELD: 6 to 8 servings.

Spanish Rice

- $\frac{1}{2}$ cup rice
- 2 tablespoons olive oil
- 1 5 oz. can (2/3 cup) tomato sauce
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon pure garlic powder or 1 teaspoon garlic salt
- 2 tablespoons chopped green bell pepper

Cook rice in boiling, salted water until light and fluffy according to directions on package. Heat olive oil in frying pan and fry rice lightly for a few minutes. Add remaining ingredients and cook until rice becomes somewhat dry. Serve as main or side dish.



CHILI CHEESE CASSEROLE

Allspice *(Pimenta officinalis Lindl)*

ANYONE WHO'S HAD the pleasure of a vacation on the island of Jamaica or nearby island may well remember the numerous house-high evergreen trees which grow all around. These are **Pimenta officinalis** or allspice trees. They have handsome shiny dark-green leaves. In April when they bloom they are covered with clusters of white flowers. From June to about October the berries are being picked and dried. Those which reach us as whole allspice look like peppercorns except they are about one-third larger and are smoother.

Jamaica is, of course, the world's greatest producer of allspice, although Guatemala, Honduras and Mexico send us limited quantities as well. There's no way of saying how many pounds of allspice are produced each year because a big, fat productive year is usually followed by two lean years.

The allspice tree is strictly a don't-fence-me-inner. It grows today just the way it did when the Spaniards first laid eyes on it four centuries ago. (It is the only native Western Hemisphere spice still grown only in this hemisphere.) The small allspice trees pop up where they please and take 8 or 10 years to reach bearing age. They reach their prime when they are around 20 years old and may go on bearing until they are 80 or 100 years old. Spice growers in the Far East have tried to grow allspice on the other side of the globe, but the trees just stand there, covered with leaves, never bearing berries.

Beginning cooks sometimes think allspice is really a blend of spices. The allspice berry, which looks like a plump peppercorn, does taste like a blend of cinnamon, nutmeg and cloves. But it is a single spice, just like ginger or pepper.

Once the canning and preserving season is over, allspice enjoys daily use in fruit pies, mince pie and fruit cakes. It goes into beets, squash and sweetpotatoes. Use it subtly in steamed puddings and stewed fruits.



ALLSPICE JELLY AND PRESERVES

Allspice is a favourite canning spice. Add it to vegetable and fruit preserves.

Spiced Pickled Cantaloupe

- 2 qts. diced cantaloupe
- 1 qt. cold water
- 4 tbsps. salt
- 3 cups boiling water
- 4 cups sugar
- 1 cup vinegar
- 2 or 3 sticks whole cinnamon
- 1½ tablespoons whole cloves
- 1½ tablespoons whole allspice

Select firm, slightly underripe cantaloupe. Cut in half, remove seeds and rind; cut in one-inch squares. Combine cold water and salt; stir to dissolve. Pour over the cantaloupe. Cover and let stand for three hours. Drain. Combine boiling water, sugar, vinegar and spices tied in a cheesecloth bag. Bring to a boil, stirring until sugar is dissolved. Add drained cantaloupe meat. Bring to a boil and boil 10 minutes. Cool. Cover and let stand overnight. Drain the syrup from the cantaloupe. Bring the syrup to a boil 10 minutes. Add cantaloupe and bring to a boil again. Reduce heat and simmer gently about 45 minutes or until cantaloupe is clear and transparent. Pour immediately into hot sterilized jars. Seal at once. Makes about three pints.

Coddled Pears in Spiced Rum Sauce

(With Lemon Ice)

- 2 cups sugar
- 1½ cups water
- ⅛ tsp. salt
- 4 sticks whole cinnamon, each 2-inches long
- ½ tsp. whole cloves
- ½ tsp. whole allspice
- 4 whole ginger roots
- 12 medium-size whole fresh, firm ripe pears
- ¾ cup light rum
- 12 scoops lemon ice or lemon sherbet

Combine sugar, water and salt in a saucepan. Mix well. Add cinnamon. Tie remaining spices in a cheese cloth and add. Bring to boiling point. Peel pears, leave whole with stems attached. Add a few at a time to the syrup, cover and cook slowly until pears are tender, about 10 minutes, turning to cook uniformly. Repeat until all pears are cooked. Remove spice bag. Add rum. Let pears marinate in syrup at least 24 hours. Just before serving, place a scoop of lemon ice or sherbet in bottom of serving dishes. Stand a whole pear, stem side up, on each. Spoon a little of the spiced rum sauce over the top. Serve as dessert.

YIELD: 12 servings.

Peach Jam

- 3 pounds fresh peaches
- 1 box (2½ oz.) powdered pectin
- 5 cups sugar
- ½ teaspoon ground allspice

Peel and coarsely crush peaches. There should be 4 cups. In 6-quart saucepan mix together peaches and powdered pectin. Bring to a full rolling boil over high heat. (A full rolling boil is one that cannot be stirred down.) Boil 1 minute, stirring constantly. Add sugar and allspice; mix well and bring to a full rolling boil. Boil 1 minute. Remove jam from heat. Skim and stir 5 minutes with a metal spoon to prevent fruit from floating. Ladle quickly into hot sterilized jars. Seal airtight.

YIELD: 6 jars (½ pint each).

Banana Bonanza

- 3 bananas
- ¼ cup lemon juice
- ¼ cup bread crumbs
- 1 tablespoon sugar
- ½ teaspoon ground allspice

Peel and cut bananas into 2-inch pieces. Brush with lemon juice. Roll in mixture of bread crumbs, sugar and allspice. Place each piece on stick. Toast over hot coals.

YIELD: 12 2-inch pieces.

Apple Butter

- 3 pounds tart cooking apples
- 1 cup apple cider
- 1½ cups sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ⅛ teaspoon salt

Pare, quarter and core apples. Place in saucepan with cider; cook covered, about 20 minutes or until tender. Sieve. Add remaining ingredients. Stir and cook, uncovered, over low heat until thickened, 30 to 40 minutes. Stir frequently to prevent scorching. Pour into hot, sterilized jars. Seal. If apple butter is to be eaten in a few days, store in covered jar in refrigerator.

YIELD: 6 jars (½ pint each).

Hot Dog Twists

- 2 cups biscuit mix
- 1 teaspoon ground allspice
- 2/3 cup milk
- 24 frankfurters

Combine biscuit mix, allspice and milk. Stir with fork to form a soft dough; then beat vigorously until stiff. Knead 8 to 10 times on lightly floured board. Roll ¼-inch thick 9 x 6-inch rectangle. Cut into ¾ x 8-inch strips. Wrap each strip around a frankfurter, then place on stick. Cook over hot coals for 10 minutes, or until done.

YIELD: 24 (¾ x 8-inch strips)

Burgers-on-the-Stick

- 1 pound ground beef
- 1 egg, slightly beaten
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- ½ teaspoon ground allspice
- ⅛ teaspoon ground black pepper

Combine all ingredients in mixing bowl. Shape into patties around stick. Cook to desired doneness over hot coals.

YIELD: 6 patties.

Quick Pickled Peaches

- 1 can (28 oz.) peach halves
- ½ cup cider vinegar
- ½ cup sugar
- ⅛ teaspoon ground allspice
- 2 pieces (2 in. ea.) stick cinnamon
- Whole cloves

Drain syrup from peaches; reserve 1 cup. In a saucepan, combine the 1 cup of syrup, vinegar, allspice and cinnamon. Place over low heat, and cook, stirring constantly until sugar dissolves, then simmer 3 or 4 minutes to blend the flavours. Stud each peach half with 4 or 5 cloves. Put peaches in a jar; fill jar with the syrup mixture. Cover the jar and refrigerate until ready for use.

YIELD: 1 quart.

Spiced Tomato Marmalade

- 3 pounds ripe tomatoes, peeled
- 3 pounds sugar
- 2 lemons
- 1 orange
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground allspice

Cut tomatoes into quarters. (There should be $7\frac{1}{2}$ cups.) Place in 3-quart saucepan. Add sugar and let stand while preparing lemons and orange. Peel lemons and orange, cut fruit into small pieces; add to tomatoes. Cut peels into thin, fine slivers. Cover with water and cook 10 minutes. Drain and discard water. Add peels to tomatoes along with salt and ginger. Bring to boiling point and cook about 35 minutes, uncovered, over medium-low heat until mixture is thick and the peels are transparent, stirring occasionally. (This marmalade will be a little thin.) Add allspice and cook 5 minutes longer. Ladle into hot, sterilized jars. Seal airtight.

YIELD: 2 jars ($\frac{1}{2}$ pint each).

Allspice is a single spice which tastes like a blend of cinnamon, cloves and nutmeg. Use it in cakes and puddings; fruit; pickles and chutneys; soup and fish; and all meats. Use $\frac{1}{4}$ teaspoon for 4 servings.

Spiced Prune Plums

(For the relish tray)

- 2 15-oz. cans prune plums
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon ground allspice
- 2 tablespoons vinegar

Drain syrup from plums into saucepan, add salt and spices. Bring to boil and simmer 3 minutes. Stir in vinegar, add plums, refrigerate until serving time. Juice remaining after plums are used may be slightly thickened and served hot or cold as sauce with meats or poultry.

Vegetable Stick Kebabs

- 1 fresh zucchini
- 1 tomato
- 6 medium-sized fresh mushrooms
- 2 tablespoons butter or margarine, melted
- 2 teaspoons lemon juice
- $\frac{1}{8}$ teaspoon ground allspice
- $\frac{1}{8}$ teaspoon salt

Cut zucchini into $\frac{1}{2}$ inch pieces and tomatoes into wedges. Arrange zucchini, tomatoes and mushrooms on stick. Combine butter, lemon juice, allspice and salt. Brush vegetables on stick with sauce. Cook 4 to 6 minutes over hot coals or until tender.

YIELD: 4 servings.

Spice-Cake

Allspice, Cinnamon, Nutmeg and Cloves are the spices that make this cake a memorable one. This recipe is a classic that your grandmother probably used but it's one that has stood the test of time well and is many a family's favourite.

- 1 cup dairy sour milk
- 1 teaspoon baking soda
- $\frac{1}{2}$ cup soft shortening
- $\frac{1}{2}$ teaspoon salt
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- $1\frac{3}{4}$ cups pastry flour
- 2 teaspoons baking powder

SPICE MIXTURE

- $\frac{1}{4}$ cup brown sugar
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground ginger
- Pinch allspice

Heat oven to 350°. Line bottom of 8-inch square pan with waxed paper. Grease paper and sides of pan. Combine sour cream and soda in a bowl — it will double in volume.

Blend shortening and sugar. Beat in eggs, one at a time. Add vanilla. Alternately add sifted dry ingredients and sour cream. Spread half the batter in prepared pan. Sprinkle with half the spice mixture. Cover with remaining batter. Sprinkle with remainder of spice mixture.

Bake in a moderate oven for 45-50 minutes.

TOPPING

After cake has been removed from pan and is still slightly warm, spread this topping on it — $\frac{2}{3}$ cup brown sugar, $\frac{2}{3}$ cup well-drained crushed pineapple blended with 2 tablespoons soft butter. Place under broiler until lightly browned. Watch closely for it takes only a few minutes.



Nutmeg

ST. NICHOLAS'S POSITION is assured in the hearts of young and old at Christmas time, but some twelve centuries ago there lived another saint, Boniface, who deserves much credit for making Christmas the nostalgic holiday it is. St. Boniface, missionary to Germany in those far-off days, was the first to decorate a little fir tree with candles as a symbol of Christmas joy.

It was St. Boniface who spread the use of spices throughout Germany, along with religion. He was convinced of the health value of spices: Spices made food more appetizing; being appetizing it was more happily digested.

Nutmeg and mace were among the precious spices which reached northern Europe at about that time. These two spices were especially delicious in the honey-sweetened cookies hung on the first Christmas trees. From that time on, Christmas baking has always given off the most tantalizing fragrance of these and the other sweet "baking spices."

While nutmeg and mace are two distinctly different spices, we are likely to group them together because they are different parts of the same tropical fruit. The fruit of the nutmeg tree resembles a small peach or apricot. However, in place of the soft, juicy flesh of a peach there is a thick, fibrous husk underneath the skin of the nutmeg fruit. Inside this is a layer of lacy material, which produces mace. The seed inside this is the nutmeg.

Nutmeg is available both whole and ground. Many cooks still like to grate the whole nutmegs for freshest flavour. Mace is more likely to be found in ground form since the whole "blades" of mace are not easily used in cooking.

Nutmeg Cream Puff Tree

1 cup water
 ½ cup butter or margarine
 ⅛ teaspoon salt
 1 cup sifted all-purpose flour
 4 large eggs
 Lemon-Mace Cream
 Sugar Syrup
 Confectioners' sugar

In a saucepan combine first 3 ingredients. Bring to a boil and cook over medium heat until butter melts. Lower heat. Add flour all at once and stir vigorously until mixture is well blended and leaves the sides of the pan in a smooth ball. Remove from heat and add eggs, one at a time, stirring vigorously until smooth, after each addition. Drop by rounded teaspoonfuls, about 1½ inches apart on ungreased cookie sheets. Bake in a preheated hot oven (400° F.) 30 minutes or until lightly browned. Remove to rack to cool. When cool, fill puffs with Lemon-Mace Cream; insert tip of pastry tube or cooky gun into sides of each to fill. Dip bottoms of each puff into hot Sugar Syrup and arrange on an 8-inch round base. Arrange a second row over the spaces between the first row of puffs. Continue dipping in syrup and building pyramid. If desired, additional syrup may be spooned over tops of puffs. When cool, sprinkle lightly with confectioners' sugar.

LEMON-MACE CREAM:

1½ cups milk ¾ cup sugar
 ⅛ teaspoon salt ¼ cup cornstarch
 3 large egg yolks
 3 tablespoons fresh lemon juice
 1 tablespoon butter or margarine
 ¾ teaspoon ground mace
 1 teaspoon pure vanilla extract

In a saucepan combine milk and about ½ of the sugar. Bring to a boil, stirring occasionally, and remove from heat. In a bowl combine the remaining sugar, salt and cornstarch; mix well. Mix in the egg yolks. Add a small amount of the hot milk to the egg mixture and blend well. Gradually add egg mixture to hot milk, blending well. Stir in fresh lemon juice. Bring to a boil, stirring constantly. Remove from heat and add remaining ingredients. Cover with wax paper and cool. Refrigerate until ready to use.

SUGAR SYRUP:

1-1/3 cups sugar 1 cup water
 ½ teaspoon cream of tartar

Combine all ingredients in a heavy skillet. Cook over low heat, without stirring, until temperature on a candy thermometer reaches 234° F. or syrup spins a 2-inch thread when dropped from a spoon or fork.

YIELD: Approximately 50 cream puffs (1 tree).

Apple Cottage Cheese Pie

- $\frac{1}{2}$ recipe plain pastry
- 1 $\frac{1}{2}$ cups thinly sliced apples
- 2 eggs
- $\frac{1}{2}$ cup cottage cheese
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup cream
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon grated lemon rind
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg

Line a 9-inch pie plate with pastry and cover with apples. Beat eggs slightly, add cottage cheese, $\frac{1}{2}$ cup of sugar, cream, salt and lemon rind. Mix remaining sugar with cinnamon with nutmeg and sprinkle over apples; then cover with egg and cheese mixture. Bake in hot oven, 425° F., for 10 minutes, reduce temperature to 350° F. and bake 30 minutes longer.

Apricot Nutmeg Balls

- 1 package (8 oz.) dried apricots, ground
- 2 cups shredded coconut
- $\frac{2}{3}$ cup sweetened condensed milk
- $\frac{1}{2}$ cup confectioners' sugar
- 1 teaspoon ground nutmeg

Combine apricots and coconut in large mixing bowl. Mix in milk, blending well. Shape mixture into $1\frac{1}{4}$ inch balls; roll in mixture of sugar and nutmeg. Let stand in air until firm.

YIELD: approximately 32 balls.

Jelly Filled Cut Out Cookies

- 1 $\frac{3}{4}$ cups sifted flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ cup butter or margarine, softened
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon ground nutmeg
- 1 teaspoon pure or artificial vanilla extract
- 1 egg
- Flavoured jelly, for filling

Sift together flour, salt and baking powder. Cream butter, sugar and nutmeg together. Beat in vanilla and egg. Gradually stir in flour mixture. Roll dough to $\frac{1}{8}$ inch thickness on lightly floured board. Cut with $1\frac{1}{2}$ inch round cookie cutter. Remove hole in center from half the cookies. Place on lightly greased cookie sheets. Bake in preheated moderate oven (375° F.) 7 minutes or until lightly browned around edges. Spread jelly on cookies without hole in center. Top with remaining cookies.

YIELD: Approximately 34 jelly filled cookies.

Spiced Fruit Squares

- 2 $\frac{1}{2}$ cups sifted all-purpose flour
- 1 $\frac{3}{4}$ cups sugar
- 1 teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup butter or margarine
- $\frac{1}{2}$ teaspoon baking soda
- 1 egg, well beaten
- 6 tablespoons milk or buttermilk
- 1 teaspoon pure vanilla extract
- 1 can (28 oz.) sliced peaches
- 1 package (8 oz.) dried apricots, diced
- 1 cup prunes, pitted and diced
- $\frac{1}{2}$ teaspoons mace
- 2 tablespoons cornstarch
- 1 egg yolk, slightly beaten
- $\frac{1}{4}$ teaspoon ground nutmeg

In large mixing bowl sift together flour, $\frac{3}{4}$ cup of sugar, baking powder and salt. Add butter and mix well with pastry blender or fork until the size of small peas. Reserve 3 tablespoons for topping. Combine 1 tablespoon hot water and baking soda; stir until dissolved. Add to pastry with egg, milk and vanilla. Mix well. Divide dough into 2 parts. Roll half of dough to fit bottom and sides of a 14 x 10 inch baking dish. Reserve other half for top crust. Drain peaches, reserving fruit and syrup. Combine apricots, prunes and $\frac{1}{2}$ cup of peach syrup in medium saucepan. Bring to boil. Add peaches, remaining 1 cup sugar and mace. Simmer 10 minutes. Combine cornstarch with 2 tablespoons cold water. Mix well. Add to fruit mixture. Stir in egg yolk. Cook 5 minutes; cool. Spread filling over dough. Roll remaining dough to fit over top. Sprinkle top with reserved 3 tablespoons butter-flour mixture with nutmeg. Bake in preheated moderate oven (350 F.) 30 to 35 minutes or until done. Cool and cut into 2 inch squares.

YIELD: 35 two inch squares.



Swedish Meat Balls

- 1 lb. finely ground beef
- $\frac{1}{2}$ cup fine bread crumbs
- 1 egg
- $\frac{2}{3}$ cup milk
- $\frac{1}{4}$ cup hot water
- 1 tablespoon minced onion
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon nutmeg

Mix all ingredients together and gently form into small balls. Brown in hot fat. Add $\frac{1}{4}$ cup hot water. Cover. Simmer 20 minutes. Serve hot.

YIELD: 6 servings.

Spiced Raisin Custard Pie

- 1 cup seeded raisins
- 2¼ cups water
- 1 cup sugar
- ⅛ teaspoon salt
- ¼ teaspoon nutmeg
- 4½ tablespoons flour
- 1 egg, beaten
- 3 tablespoons lemon juice
- 3 teaspoons grated lemon rind

Mix the sugar and flour, add with the seasonings to the beaten eggs, add the raisins and liquid. Cook in a double boiler until mixture thickens (about 15 minutes) stirring occasionally. Let cool before filling pie. Pour into an unbaked pie shell (9-in. size), and cover with a latticework top crust. Bake in a hot oven (425° F.) for 10 minutes to brown crust, then reduce heat to 350° F. for 30 minutes.

Pineapple Coconut Delight

- 1-2/3 cups can-crushed pineapple (with syrup)
- 1 envelope unflavored gelatine
- ¼ teaspoon vanilla
- ¼ teaspoon nutmeg
- ½ cup flaked or shredded coconut
- ½ cup skim milk powder
- ½ cup ice water
- 2 tablespoons lemon juice
- ¼ cup sugar or equivalent of non-caloric sweetener

Drain syrup from pineapple and add water to make 1 cup liquid. Sprinkle gelatine on syrup-water to soften. Place over low heat, stir until gelatine is dissolved. Remove from heat and add pineapple and vanilla, and nutmeg. Chill to unbeaten egg white consistency. Mix skim milk powder with ice water in a bowl. Beat until soft peaks form (3 to 4 minutes). Add lemon juice. Continue beating until firm.

Hawaiian Chicken Broil

- 2 burger buns with sesame seeds
- 4½ oz. can devilled ham
- 7 oz. can chicken, diced
- ½ cup finely diced celery
- ¼ cup chopped mustard pickle
- ¼ cup mayonnaise
- 1 teaspoon lemon juice
- Pinch onion salt
- Freshly ground pepper
- 4 slices pineapple
- Nutmeg

Spread each bun half with part of ham. Cover with combined next 7 ingredients. Top with pineapple slice. Spread remaining ham on pineapple. Sprinkle with nutmeg. Broil until top is bubbly. Serve immediately.

YIELD: 4 servings.

Nutmeg in a sandwich? Why, of course, especially when the sandwich is a broiled open one; for nutmeg is a sweet, warm spice that adds zest to any poultry filling, as in our Hawaiian Chicken Broil.

Tiny Cookie Tarts

- 1¼ cups butter or margarine
- 1 package (8 oz.) cream cheese
- 3 cups all-purpose flour
- 2 teaspoons ground mace
- 1/16 teaspoon salt
- Confectioners' sugar
- Fruit preserves or canned fruit
- Pie filling

Combine butter, cream cheese, flour, mace and salt. Mix well with pastry blender or fork. On board lightly sprinkled with sugar, roll dough to ⅛ inch thickness. Cut dough to fit various shapes of miniature tart shells. Fill with fruit preserves, or any flavoured fruit pie filling. Bake in preheated moderate oven (350° F.) 10 to 15 minutes or until pastry shells are lightly browned.

YIELD: approximately 4 dozen miniature

WHICH SPICE?

If you're vague about the difference between a spice and a herb, so is almost everyone else! For the most part, "Spice" covers the gamut of spices, herbs, seeds, vegetable seasonings, and blends. But here's what the experts have to say:

"Spices" are the roots, bark, stems, leaves, buds, seeds or fruit of aromatic plants that usually grow in the tropics. They are natural foods and are prepared to enhance your eating pleasure.

First step to fine cooking is a knowledge of herbs and spices. They are an accessory, and like all accessories, they should be chosen with care and used with discretion, so they accent but do not overwhelm. At first, it's better to be overcautious than run reckless. If an herb is new to you, crush a bit of it with your fingertips, and warm it with your hand. Now sniff it, and taste it. If it is strong and pungent, use it sparingly—literally, as many recipes tell you, by the pinch. If it is delicate in flavour, you will be safe in using more. No one can know precisely how much of any spice or herb will suit your taste. Since the pungency of spices differs and spice's effect on different foods varies, and since no two palates are the same, there are no set rules. At the beginning, follow exactly amounts given in the recipes. In time, your nose and your taste buds will be your best guides in the use of herbs and spices.

Mace *(Myristica fragrans Houtt)*

THE FLESHY ARIL or skin which covers the Nutmeg. Both the Mace and Nutmeg are part of the fruit of a tall evergreen tree whose leaves closely resemble those of Rhododendron. Whole Mace is referred to as "blades of Mace," by the trade.

Mace and Nutmeg are native of the Molucca Islands, known for many centuries as the Spice Islands. We now import most of our Mace from Indonesia and the West Indies.

In Mace and Nutmeg we have the only case of two different spices occurring naturally in the same fruit. The Mace forms a lacy pattern around the shell within which the Nutmeg or seed grows. The Mace is a vivid red color before drying, and then softens to a light orange shade. When ground, the Mace turns a yellowish-orange color.

Mace has a flavour different from that of Nutmeg although there is some similarity. Mace has a softer, somewhat less pungent flavour than Nutmeg.

Ground Mace provides the flavouring for pound cakes. It contributes a golden tone and exotic flavour to all yellow cakes. Mace is a valuable adjunct to all chocolate dishes. It is an excellent seasoning for fish, sauces and meat stuffings. Cherry pie filling seasoned with Mace is a gourmet's delight.

It is said that many years ago when European merchants tried to eliminate Nutmeg and Mace from all but one of the islands where they grew, large pigeons thwarted their schemes by carrying off the whole fruit and dropping them on other islands where they propagated.

Cottage Pudding

- 1½ cups sifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon mace
- ¼ cup shortening
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2/3 cup milk
- 1 recipe fruit sauce

Set oven for moderate, 350° F. Grease an 8 x 8 x 2-inch pan. Sift together the flour, baking powder, salt and mace. Cream the shortening until smooth. Gradually add sugar and continue creaming until light. Add the egg and vanilla and beat until light and fluffy. Add the flour mixture to the sugar mixture, a little at a time, alternately with the milk, beginning and ending with the flour mixture. After each addition, stir just enough to blend ingredients. Turn batter into pan and bake 35 to 40 minutes, or until top is pale brown, and pudding has pulled slightly away from sides of pan. Serve hot with fruit sauce.

Yield: 6 to 9 servings:

Fruit Sauce

- 1 can (10 oz.) sliced peaches
- Water
- 2/3 cup sugar
- 2½ teaspoons cornstarch
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 3 tablespoons butter or margarine
- 1½ tablespoons lemon juice
- 1 teaspoon finely grated lemon peel
- ½ cup drained, canned pitted sour cherries

Drain syrup from the peaches. Measure the syrup and add enough water to make 1-1/3 cups liquid. Combine the sugar, cornstarch, nutmeg and salt in a saucepan. Slowly add and stir in the liquid. Bring to a boil over medium heat and cook, stirring constantly, 3 minutes, or until thickened and clear. Remove from heat. Stir in the butter, lemon juice and lemon peel. Add the peaches and cherries and stir until evenly distributed. Serve hot over Cottage Pudding or other cake-type pudding.

Mace is a golden spice, slightly more delicate than nutmeg. It's perfect with cream soups; fruit salads; anything chocolate; biscuits; cheese; cakes and cookies; veal and fowl. Use ¼ to ½ teaspoon for 4 servings.

Cumin Seed (*Cuminum cyminum* L.)

CUMIN IS ANOTHER spice which historically predates Biblical times. In Matthew 23, Jesus says, "... ye pay tithe of Mint and Anise and Cummin . . ."

Cumin, sometimes spelled Cummin or called Comino Seed, looks like a small ear of corn when magnified. Seeds from $\frac{1}{8}$ to $\frac{1}{4}$ inch long. Both appearance and aroma suggest its kinship with caraway. It comes in both whole and ground form.

Many superstitions have clung to Cumin Seed in the past: That was the symbol of the miser; that a happy life awaited the bride and groom who carried Cumin Seed throughout the wedding ceremony; that if Cumin Seed were cursed while sowing, it would produce a splendid crop.

Cumin Seed is one of the chief ingredients in chili powder and curry powder. It is widely used in India, the Near East and in Latin-American cookery. German cooks add it to pork and sauerkraut, while the Dutch and Swiss like Cumin Seed in cheese.

A native of Egypt, Cumin thrives in many lands today, especially around the Mediterranean. We import Cumin Seed from Iran, Morocco, Lebanon and Syria.

Sloppy Joes

- 1 tablespoon salad oil
- 1 lb. ground chuck
- 1 cup canned tomatoes
- $\frac{1}{4}$ cup sweet pepper flakes
- 1 tablespoon instant minced onion
- 3 teaspoons chili powder
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground cumin seed
- $\frac{1}{2}$ teaspoon instant minced garlic
- Toasted hamburger buns or French rolls

Heat oil in large saucepan or Dutch oven. Add meat and cook until lightly browned. Add remaining ingredients except buns. Cover and simmer 25 to 30 minutes. Serve on toasted buns.

YIELD: 6 portions.

Cumin Baked Chicken

- $2\frac{1}{2}$ to 3 lb. chicken cut into serving pieces
- $\frac{1}{4}$ cup all purpose flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{16}$ teaspoon ground black pepper
- 2 tablespoons salad oil
- 1 can ($10\frac{1}{2}$ oz.) cream of chicken soup
- 1 can ($10\frac{1}{2}$ oz.) cream of celery soup
- 1 pint sour cream
- 1 tablespoon parsley flakes
- 2 teaspoons ground cumin seed

Dredge chicken in mixture of flour, salt and pepper. Sauté in hot oil until golden on all sides. Transfer chicken to 2 quart casserole. Combine soups, sour cream, parsley flakes and cumin seeds; pour over chicken. Cover; bake in a preheated moderate oven (350° F) 45 to 60 minutes or until chicken is tender.

YIELD: 4 to 6 portions.

Stuffed Beef Rollups

- 6 minute or cube steaks
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 2 tablespoons celery flakes
- 4 teaspoons instant minced onion
- 1 can (7 oz.) whole kernel corn, drained
- $\frac{1}{4}$ cup bread crumbs
- 4 tablespoons tomato paste
- 2 teaspoons parsley flakes
- $\frac{3}{4}$ teaspoon ground cumin seed
- 1 tablespoon salad oil
- 1 can (14 oz.) tomatoes

Season steaks with salt and pepper; set aside. Mix celery flakes and 3 teaspoons of the minced onion with 3 tablespoons water; let stand 8 minutes to soften. Combine softened vegetables, $\frac{1}{2}$ cup of corn, bread crumbs, 1 tablespoon of the tomato paste mixed with 2 tablespoons water, parsley flakes and $\frac{1}{2}$ teaspoon of the cumin seed. Mix well. Spoon corn mixture onto steaks. Roll up and fasten with toothpicks. In skillet brown beef rolls in hot oil. Meantime, in small saucepan, combine tomatoes, $\frac{1}{4}$ cup water, remaining 3 tablespoons tomato paste, 1 teaspoon instant minced onion, and $\frac{1}{4}$ teaspoon cumin. Bring to boiling point. Place meat in casserole; pour tomato sauce over meat. Cover and bake in preheated moderate oven (350° F.) 30 minutes. Remove cover and bake 15 minutes longer.

YIELD: 6 portions.



Caraway Seed (*Carum carvi* L.)

WHEN A CARAWAY meets a caraway coming through the rye — it's rye bread, of course! Although that's where the caraway seed is most likely to be found, these snappy aromatic seeds rally in a wide range of recipes.

Although Asia Minor is the ancient home of caraway, it is a pet spice in northern and middle Europe. An old German cookbook notes that "the Germans have such a regard for caraway seed, they always put it into their pie crusts, mix it in their bread and add it in great measure to their sauces." You will find caraway soup recipes in Polish and Viennese cookbooks too, while no less a historian than William Shakespeare records an invitation to "Pippin of my own fraffing, with a dish of caraways." Recipes for caraway cookies came to Canada generations ago from kitchens in England and northern Europe. Pickled herring seasoned with caraway is another old English favorite.

While caraway is famous as a seasoner of pork combinations, it gives intriguing tang to other meats, stews, soups and cheese dishes. Sauerkraut is twice as good cooked with caraway seeds. The same goes for stewed green or red cabbage, cole slaw and the whole gamut of potato dishes.

Seed Cake

(Creaming Method)

- 1½ cups sifted all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 teaspoons caraway seed
- ½ cup shortening
- 1 cup sugar
- 2 eggs, separated
- 1 teaspoon lemon extract
- ½ cup milk

Set oven for moderately low, 325° F. Grease bottom and sides of a loaf pan about 9 x 5 x 3 inches. Sift together the flour, baking powder and salt into a bowl; add and stir in the caraway seeds and set aside. Cream the shortening until smooth; gradually add the sugar and continue creaming until light. Add the egg yolks and lemon extract and beat until fluffy. Add the flour mixture alternately with the milk, beginning and ending with the flour mixture. Add the dry ingredients in 4 parts and the liquid in 3 parts. After each addition stir just enough to blend. Whip egg whites until they form soft shiny peaks. Fold egg whites into flour mixture just until evenly blended, using a rubber scraper or metal spoon. Do not stir. Turn batter into prepared pan. Bake 1 hour and 15 minutes, or until top springs back when touched lightly with fingertip. Let cool in pan on wire rack 10 minutes. Remove pan and allow cake to cool on rack.

YIELD: 9 x 5-inch loaf cake.

Caraway Pork Loin with Sauerkraut

- 1 teaspoon salt
- ½ teaspoon onion salt
- ¼ teaspoon ground black pepper
- 2 tablespoons caraway seed
- 4 pounds pork loin
- 1 tablespoon currant jelly
- 1 can (1 lb. 11 oz.) sauerkraut drained

Combine salt, onion salt, black pepper, and 1 tablespoon of the caraway seed. Rub into meat on all sides. Place pork, fat side up, on rack in an uncovered roasting pan. Roast in preheated slow oven (325° F.) about 2 hours. Pour off fat in roasting pan. Spread currant jelly over pork. Place sauerkraut around pork in roasting pan. Sprinkle with remaining 1 tablespoon caraway seed. Roast ½ to ¾ hour longer or until done.

YIELD: 6 to 8 servings.

Caraway Seed Sour Cream Dip

Combine ½ cup sour cream, ¼ cup mayonnaise, ¼ teaspoon salt, ¼ teaspoon Garlic Powder, ½ teaspoon instant minced onion. 2 teaspoons Caraway Seed, a dash of White Pepper, and a dash of Cayenne. Mix well. Turn into a small bowl and place in center of a large serving plate. Garnish with Paprika and surround with fresh vegetable sticks, potato chips and crackers.

YIELD: about 2/3 cup.

Hungarian Liptauer Cheese

- 1 tablespoon powdered mustard
- 1 package (8 oz.) cottage cheese
- 1 tablespoon minced anchovies
- 1 tablespoon caraway seed
- 1 tablespoon capers
- 1 teaspoon instant minced onion
- 1 cup butter or margarine, softened
- Paprika for garnish

Blend powdered mustard with 1 tablespoon warm water; let stand 10 minutes for flavour to develop. Put cheese through sieve. Add mustard, anchovies, caraway, capers, minced onion and softened butter; mix well. Mound on serving dish. Garnish with paprika. Serve at end of meal, Hungarian style, or on crackers with cocktails or as sandwich spread.

YIELD: Approximately 2 cups.

Sate Manis

(Beef on Skewers)

- 2½ to 3 pounds boneless sirloin or round steak, cut into 1-inch cubes
- ¼ cup soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 teaspoons caraway seed
- 2 teaspoons ground coriander
- 2 teaspoons instant garlic powder
- ¾ teaspoon salt
- ⅛ teaspoon ground black pepper

Place meat in a snug fitting bowl or plastic bag; set aside. Combine remaining ingredients in a small bowl; mix well. Pour over beef cubes and marinate one hour or longer, turning occasionally. Arrange beef on skewers (bamboo skewers are used in Indonesia.) Place under preheated broiler 6 inches from source of heat. Broil for 5 to 8 minutes or until meat is done as desired, turning 2 or 3 times. Serve with hot cooked rice. Garnish with sliced tomatoes, if desired.

Crunchy Bread Sticks

- 1 package refrigerator biscuits
- 2 tablespoons milk
- 1½ cups rice cereal, coarsely crushed
- 2 tablespoons caraway seed
- 1½ teaspoons salt

Cut biscuits in half; roll each part into pencil thin sticks (about 4 inches long). Brush with milk. Mix cereal crumbs, caraway seed and salt in shallow pan. Roll sticks in mixture. Place on a greased baking sheet. Bake in a 450° F. oven for 10 minutes or until lightly browned.

YIELD: 20 sticks.

Caraway Ring

- 1 envelope active dry yeast
- ¼ cup sugar
- 2 teaspoons salt
- 1 egg, beaten
- 1½ tablespoons caraway seed
- 1 tablespoon celery seed
- 3 tablespoons instant minced onion
- ¾ cup milk, scalded
- 3¾ cups sifted all-purpose flour (approximately)
- 1/3 cup butter or margarine, melted

Soften yeast in ¼ cup warm water (110° to 115° F.) and 1 teaspoon of the sugar. Add remaining sugar, salt and egg. In mixing bowl combine caraway, celery seed and minced onion with scalded milk. Cool to lukewarm; add yeast mixture. Stir in 2 cups of the flour. Beat until batter is smooth and falls in sheets from spoon. Add butter and mix well. Stir in remaining flour, mix until dough is smooth and satiny. Turn dough into a greased 9-inch ring mold. Cover and let rise in a warm place (80° to 85° F.) until dough has doubled in size or until it has risen to about ½ inch from the top of mold, about 1 hour. Bake in preheated hot oven (400° F.) 20 minutes or until browned. Turn out onto a wire rack. Serve warm or cold.

YIELD: One 9-inch ring.

Caraway seeds give a sharp aroma and distinctive flavour to Seed Cake. Serve this cake unfrosted, with afternoon tea. It is also delicious with fresh or canned fruit as a dinner-time dessert.



KUKU-PILAU

(Chicken and Rice)

Red Pepper, instant onion and garlic, cloves and cinnamon give "soul" to this African favourite—Chicken and Rice. (See page 59).

Thyme (*Thymus vulgaris* L.)

CREOLE COOKERY refers to those regional dishes originating in the French section of old New Orleans. Although classical French cuisine is the basis for most Creole dishes, each group of settlers to the area added their own special ingredients and touches to the original recipes.

The period of Spanish rule in Louisiana introduced more pungent flavours into the dishes of France. Filé powder was first developed by the Choctaw Indians. Originally used for medical purposes, filé, the pulverized leaves of the sassafras with thyme added for flavour, became the magic ingredient in gumbos. African cooks interpreted the French and Spanish recipes in the light of the abundance of shell fish, game, fowl and vegetables and added their own rare knowledge of exotic seasoning.

The Creoles have a favorite word for "something extra" — lagniappe. Thyme, the pet seasoning of the famed gumbos and Jambalayas, is surely the lagniappe of New Orleans cuisine. The Creole kitchen is the home of the "Jambalaya," a dish of Spanish origin. Rice is combined with vegetables, meat or fish and seasoned with onion and thyme. Creole gumbo, another specialty, is an exquisitely flavoured, thick, gelatinous stew served with rice. The economical Creole cook fills her gumbo pot with the "fruits" of nature around her. This salubrious stew may be made with fish, fowl, vegetables or even rabbit or squirrel. No resources are overlooked and Creole cooks even today search for wild salad greens from the field, stream and woods.

Thyme is available in two forms — ground and whole leaf. Both may be used to season tomato dishes, breads, roasts and stews, sauces, chowder and stuffing. Let these recipes from the test kitchens of the Canadian Spice Association help add this wonderful herb to your palette of seasonings.

Barbecue Sauce for Sea Kebabs

- ¼ cup salad oil
 - 3 tablespoons cider vinegar
 - 1 tablespoon lemon juice
 - ¾ teaspoon garlic salt
 - ½ teaspoon thyme leaves, crushed
 - ½ teaspoon onion salt
 - ½ teaspoon salt
 - ¼ teaspoon ground black pepper
- Sea Kebabs

In small saucepan combine all ingredients. Heat to boiling. Cool. Brush sauce on kebabs.

YIELD: ½ cup sauce.

SEA-KEBABS:

- 2 (8 oz. each) frozen lobster tails, cooked
- 1 pound cooked large shrimp
- 1 medium-sized zucchini, cut into ½ inch slices
- ¾ pound mushroom caps
- Cherry tomatoes

Cut lobster meat into chunks. String on skewers alternating with shrimp, zucchini and mushrooms. Place cherry tomatoes on end of skewers. Broil, basting with barbecue

sauce, 3 minutes or until shrimp are lightly browned.

YIELD: 6 servings.

Baked Fish With Rice Stuffing

- ¼ cup celery flakes
- 1 tablespoon instant minced onion
- 2 cups cooked rice
- 3 tablespoons butter or margarine, melted
- 1 tablespoon parsley flakes
- 1 teaspoon salt
- ½ teaspoon thyme leaves
- ⅛ teaspoon ground black pepper
- 4 pounds fish (blue or bass)

Combine celery flakes and minced onion with ¼ cup water; let stand 8 minutes to soften. Add rice, butter and seasonings; mix gently until blended. Spoon into cavity of a fish suitable for stuffing. Close cavity with skewers or toothpicks. Brush with salad oil or melted butter. Bake in greased shallow baking pan, uncovered, in preheated moderate oven (375° F.) 40 minutes or only until fish is flaky. Serve with lemon wedges, if desired.

YIELD: 6 servings.

Herbed Meat Balls with Mushroom Sauce

- 1 pound ground lean beef
- ¼ pound pork sausage
- ¼ cup dry bread crumbs
- 1 ¼ teaspoons salt
- ½ teaspoon thyme leaves
- ¼ teaspoon ground marjoram
- 2 tablespoons tomato paste
- 1 egg, slightly beaten
- 2 tablespoons shortening
- ½ pound cooked noodles
- Mushroom Sauce

Combine ground beef, sausage, bread crumbs, salt, thyme, marjoram, tomato paste and egg. Shape into 1-½ inch meat balls. Brown in shortening. Reduce heat to low and cook about 10 minutes or until tender. Serve over cooked noodles with Mushroom Sauce.

MUSHROOM SAUCE:

- 1 can (10½ oz.) cream of mushroom soup
- 1 teaspoon paprika
- ¼ teaspoon ground thyme
- 1/16 teaspoon instant garlic powder

Combine mushroom soup with ½ cup water, paprika, thyme and garlic powder. Mix well and heat thoroughly. Serve over Herbed Meat Balls.

YIELD: 6 servings, 3 meat balls.

Pork Chop Casserole

- 6 shoulder pork chops
- 6 medium-sized potatoes, pared and sliced
- 2 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon dry mustard
- 1 ½ teaspoons parsley
- 1 teaspoon thyme
- 1 ½ teaspoons steak spice
- 2 cups scalded milk

Set oven for moderate, 350° F. Trim excess fat from the chops. Place a large frying pan over medium heat; use a piece of the fat to grease the pan. Brown the chops evenly on both sides. Meanwhile arrange the potatoes in a rectangular 3-quart baking dish and sprinkle the flour over them. Combine the salt, mustard, parsley, thyme and steak spice. Sprinkle half of the seasoning over the potatoes. Pour the scalded milk evenly over the seasoned potatoes. Place the chops in a single layer over the potatoes; sprinkle the remainder of the seasoning over them. Bake, covered, 1 hour. Remove cover and bake 30 minutes longer or until chops are fork-tender.

YIELD: 6 servings.

New England Clam Chowder

- ¼ pound salt pork, diced
- 3 cups diced potatoes
- ¼ cup instant minced onion
- 1 ½ teaspoons salt
- ¼ teaspoon ground black pepper
- 18 fresh clams with liquid or 4 cans (7½ oz. each) clams
- 1 quart hot milk
- 1 ¼ teaspoons ground thyme
- 2 tablespoons butter or margarine

In 4-quart saucepan fry salt pork until crisp. Add 2 cups boiling water, potatoes, minced onion, salt and black pepper. Cover and cook until potatoes are almost tender, 10 to 12 minutes. If fresh clams are used, drain off liquid and reserve. Chop clams and add to potatoes; cook 5 minutes. Stir in clam liquid, milk, thyme and butter. Cover, simmer 5 minutes or until potatoes are tender. Serve in bowls with crackers, if desired.

YIELD: 3 quarts.

Thyme's delicate mint-like flavour makes it a "timely" addition to pork, beef, veal, poultry and fish. It adds interest to cheese and egg dishes and most vegetables.

Thyme's nippy mint-like flavour is ideal with tomatoes, meats, fish and poultry stuffing. Thyme with lamb is a springtime classic. Use ¼ teaspoon for 4 servings.

Shepherd's Pie

- 4 cups cubed cooked meat
- 1 cup gravy
- 3 cups mixed cooked vegetables
- 1 teaspoon salt
- ½ teaspoon MSG
- ¼ teaspoon pepper
- ½ teaspoon thyme
- 2 to 2 ½ cups hot mashed potatoes
- 3 to 4 tablespoons grated Cheddar cheese
- 1 tablespoon butter or margarine

Set oven for hot, 425° F. In a 2½-quart casserole, combine meat and next 6 ingredients. Mix together the mashed potatoes, cheese and butter. Spoon the mixture around the edge of the casserole. Bake 20 minutes, until mixture is hot and potatoes are brown.

YIELD: 6 to 8 servings.

Bay Leaves *(Laurus nobilis)*

THE FAMILIAR BAY LEAF, today the pet spice of good cooks, is the *Laurus nobilis* of the botanist. Its other pretty name is "laurel," which serves to remind us that the leaves of this small evergreen tree, native to the Mediterranean, have a centuries-old image as a plant of distinction.

In the days of imperial Rome a wreath of laurel leaves was a trophy, as coveted as our modern Oscar, Emmy or a sterling silver loving cup. We will never know why laurel leaves came to symbolize the superlative, but there is a famous myth which gives us a very poetic explanation. Apollo, god of the sun, of music and other arts fell desperately in love with a beautiful wood-nymph, Daphne. His love was unrequited; wood-nymph would have none of him. She fled. He pursued and was just about to catch up with her when Daphne's guardian spirit turned her into a beautiful little tree. Apollo put his arms around the tree and declared his undying love. Her evergreen leaves were to be the token of honor and renown. The greatest poet of the land became the "poet laureate," while the scholar earned his "baccalaureate," his laurel wreath covered with berries.

There are dozens of instances of the status of the bay or laurel leaf in the fine arts. One of the great arts is cooking and many award-winning meat, fish or poultry dishes will acquire delightful aroma from a bit of bay leaf.

Carmelite Soup

- 2 cups diced potatoes
- 1 cup sliced carrots
- 2 cans (1 lb. 4 oz.) chick peas
- 4 whole cloves
- 3 bay leaves
- 2 teaspoons instant minced onion
- 1 teaspoon parsley flakes
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 pound Italian sausage, cooked and sliced
- 3 hard boiled egg yolks

Cook potatoes and carrots in $1\frac{1}{2}$ quarts of boiling water, about 20 minutes or until tender. Remove vegetables from water; set aside. Reserve water. Puree chick peas and add to water with remaining ingredients. Simmer 25 to 30 minutes. Remove bay leaves and cloves. Add reserved cooked vegetables and sausage. Serve as main dish soup. Garnish with chopped egg yolks.

YIELD: 6 to 8 servings.

Baked Pork Chops

- 6 large loin pork chops
- $\frac{1}{4}$ teaspoon instant garlic powder
- $2\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 cup beef stock or 1 beef bouillon cube dissolved in 1 cup water
- 2 teaspoons cider vinegar
- 1 bay leaf
- 3 tablespoons flour
- $\frac{1}{4}$ cup water

Trim excess fat from pork chops. Mix garlic powder, salt, and black pepper and rub on both sides of chops. Brown and place in baking dish. Mix beef stock and vinegar and pour over chops. Add bay leaf. Cover and bake in preheated slow oven (325° F.) 1 hour or until chops are tender. Mix flour with water to a smooth paste and add to liquid in baking dish. Mix well. Cook uncovered, 20 minutes. Serve hot.

YIELD: 6 servings.



Quick Spaghetti Sauce

- 4 sweet Italian sausage (1 lb.)
- $\frac{1}{2}$ cup water
- 2 cans ($10\frac{1}{4}$ oz.) marinara sauce
- 2 bay leaves
- 1 teaspoon instant minced onion
- Cooked spaghetti

Place sausages in skillet and prick with fork. Add water and simmer until water has evaporated. Turn sausages until they are browned on all sides. Remove from skillet. Pour in marinara sauce. Add bay leaf and instant minced onion. Simmer over low heat for about 10 minutes. Cut sausages into thin slices and add to sauce. Serve over spaghetti.

YIELD: Spaghetti sauce for 6.

Cioppino

(Italian Fish Stew)

- $\frac{1}{4}$ cup sweet pepper flakes
- $\frac{1}{4}$ cup instant minced onion
- $\frac{1}{2}$ cup water
- 2 teaspoons instant minced garlic
- 2 tablespoons olive oil
- 1 can (1 lb. 12 oz.) solid pack tomatoes
- 1 can (8 oz.) tomato sauce
- 1 bay leaf
- 1 teaspoon sugar
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{8}$ teaspoon thyme leaves
- 1 cup apple juice
- 1 sea bass or striped bass, cleaned, boned and cut in 2-inch pieces
- 1 pound shrimp, cooked and cleaned
- 1 dozen clams, raw
- 1 crab or lobster, cooked and removed from shell
- 2 tablespoons parsley flakes

Place pepper flakes, onion and garlic in $\frac{1}{2}$ cup water; let stand for 10 minutes to soften. Heat oil in large skillet. Sauté pepper flakes, onions and garlic until golden. Chop tomatoes and add with juice. Add tomato sauce, bay leaf, sugar, salt, pepper, paprika and thyme leaves. Cook covered, one hour, over low heat. Stir in apple juice. Layer the fish in deep pan (seafood on the bottom, then shellfish). Pour over sauce. Cover, simmer for 20 minutes. Sprinkle with parsley. Serve in deep soup dishes.

YIELD: 6 servings.

Beef and Vegetable Stew

- 3 pounds boneless top round
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup butter or margarine
- 2 tablespoons olive or salad oil
- $\frac{1}{2}$ cup instant minced onion
- $2\frac{1}{2}$ cups beef stock or consommé
- 1 bay leaf
- 5 carrots, quartered
- $\frac{1}{2}$ pound mushrooms, (caps and stems)
- 2 tablespoons parsley flakes
- $\frac{1}{4}$ teaspoon ground thyme
- $\frac{1}{4}$ teaspoon ground black pepper

Trim and discard excess fat from meat; cut into $1\frac{1}{2}$ inch cubes. Mix flour with salt, add meat and mix well to coat all sides with flour. Heat butter and oil in Dutch oven or heavy saucepan. Add meat and brown well on all sides. Stir in onion, stock, bay leaf; cover and simmer meat $1\frac{1}{2}$ hours or until meat is almost tender. Add carrots. Cover and cook about 15 to 20 minutes. Add mushrooms, parsley, thyme and pepper. Cook, covered, 10 minutes. Serve hot with baked or mashed potatoes.

YIELD: 8 to 10 servings.

Fish Florentine

- 2 lbs. spinach
- $\frac{1}{4}$ teaspoon ground nutmeg
- $2\frac{1}{2}$ teaspoons salt
- $1\frac{1}{2}$ lbs. fish filets
- $\frac{1}{8}$ teaspoon ground black pepper
- 8 whole black peppers
- 1 bay leaf
- 2 tablespoons fresh lemon juice
- Mornay Sauce
- 1 egg yolk, sieved

Cook spinach, drain well. Add nutmeg and 1 teaspoon salt. Keep warm. Sprinkle fish filets with 1 teaspoon salt and ground black pepper. Roll and place in large skillet with whole black pepper, bay leaf, lemon juice and $\frac{1}{2}$ teaspoon salt. Cover with boiling water. Cover and simmer 5 to 8 minutes or until flaky. Remove filets and drain. Place spinach on platter. Arrange rolled filets over it. Pour Mornay Sauce over fish. Sprinkle with sieved egg yolks.

MORNAY SAUCE:

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- 1 egg yolk
- 2 tablespoons cream
- $\frac{1}{2}$ cup grated Cheddar cheese
- $\frac{1}{2}$ teaspoon salt
- $1/16$ teaspoon cayenne

Melt butter or margarine. Add flour and blend well. Stir in milk and cook, stirring constantly, until thickened. Beat together egg yolk and cream. Add a little of the sauce to this mixture and return to the sauce. Heat, stirring constantly, until well blended. Add cheese and heat until melted. Season with salt and cayenne.

YIELD: 6 servings.



**CARMELITE SOUP
CIOPPINO**

Cioppino, one of the great Italian seafood creations, requires the aroma of a bay leaf.

Saffron (*Crocus sativus* L.)

THE DRIED STIGMAS of a plant of the crocus family. It is the world's most expensive spice.

Saffron is a native of the Mediterranean area. We import most of ours from Spain.

Each plant of *Crocus sativus* yields only three stigmas, which are delicate orange-yellow filaments which must be picked by hand. It takes 225,000 stigmas to make a pound of Saffron, therefore 75,000 blossoms must be gathered for each pound tin. Fortunately, however, a little Saffron goes a long way.

Chicken Pillau

- 3 lbs. chicken (cut in large pieces)
- 2 lbs. rice (parboiled and drained)
- 1 oz. green pepper
- 1 teaspoon cumin
- 3 cups sour cream (curd)
- 1 teaspoon coriander
- 3 onions—small (sliced)
- 1 teaspoon cinnamon
- 1 oz. garlic (pulped in a cup of water)
- 1 cup butter
- 4 cardamoms
- Salt (to taste)
- 5 cloves
- A few saffron

Method: Fry slices of onions until brown. Remove and pound when cool. Place in butter and chicken and add spices and curd. Pour into garlic and its water. Now add more water for cooking rice and chicken. After cooking for about ten minutes or so place rice over the chicken. Cover the pan tight by sealing with flour paste and cook on a slow fire for about half an hour. Sprinkle saffron and serve.



Chervil (*Anthriscus Cerefolium*)

THE LEAVES OF an herb that grows in many countries in the temperate zone. Its flavour is similar to that of mild parsley. It is especially good with fish when it is chopped fine and sprinkled over the fish before removing from the broiler. It is also used in soups, salads, egg dishes, French dressing and as a butter sauce for chicken.

Chervil Souffle

- 3 tablespoons butter
- 2 tablespoons flour
- 1 cup scalded milk
- ¼ teaspoon salt
- freshly ground black pepper
- ½ cup grated Gruyere cheese
- 4 egg yolks
- 4 egg whites
- 1 teaspoon chervil
- 1 teaspoon onion powder

Melt butter in top of double boiler. Blend in flour and gradually add milk, stirring as mixture thickens. Add salt, pepper, from a few turns of pepper grinder, cheese, chervil and onion powder, stirring constantly as cheese melts. Remove from heat. Pour cheese mixture into the egg yolks and blend. Beat egg whites until stiff and standing in peaks. Fold egg whites gently into cheese mixture. Turn into buttered casserole. Bake at 375° until souffle is puffy and golden brown in colour (about 35 minutes). Serve immediately, direct from oven.

Serves 4.

Sage *(Salvia officinalis L.)*

WHAT WOULD THANKSGIVING dinner be without sage? These fragrant, appetite-arousing, silver-grey leaves of the mint family have been giving distinctive taste to the stuffing for holiday fowl and to sage cheese since Colonial times.

Like all seasonings, sage enhances the flavour of a wide variety of dishes. Institutional chefs can enhance the flavour of meat and fish stuffings, pork dishes, hot breads and baked fish through the use of sage leaves or ground sage or rubbed sage. Chefs also can take advantage of its lusty fragrance to produce a rich aroma in Manhattan clam chowder and other fish soups and chowders, gumbo and vegetable soups.

Sage, along with thyme and oregano, is one of the more potent herbs. It should be used with a gentle hand, $\frac{1}{4}$ teaspoon per pound of meat. As with other spices and herbs, sage should enhance but not overpower the flavour of food.

In these recipes for traditional holiday dinners from the Test Kitchen of the Canadian Spice Association crumbled sage leaves season a dressing for fowl, and ground sage give zest to cheese fingers.

Roast Goose with Savory Rice Stuffing

- 2/3 cup wild rice
- 1 cup long-grain rice
- 2½ cups cold water
- ¼ cup vegetable flakes
- 1/3 cup onion flakes
- 2 chicken bouillon cubes
- ½ cup sliced green olives
- ½ cup sliced ripe olives
- 1 can (10 oz.) sliced mushrooms, drained
- 1 cup chopped tart apple
- 1 large unpeeled orange, coarsely chopped
- 1 tablespoon ground sage
- ¼ teaspoon ground black pepper
- 1/16 teaspoon instant garlic powder
- 8 lb. ready-to-cook goose
- 2 teaspoons salt
- Curly endive
- Crab apples

Cook wild rice according to package directions until nearly tender, about 40 minutes. Reserve. In the meantime place the next 5 ingredients in a deep saucepan. Bring to a boil, reduce heat, stir once, cover and cook slowly until all liquid is absorbed, about 15 minutes. In a large bowl combine cooked wild rice, rice-vegetable mixture and next 8 ingredients. Toss gently to blend. Wash goose and rub inside and out with salt. Stuff cavity and fasten with skewers. Place, breast side up, on a rack in a shallow pan. Roast in a preheated moderate oven (325° F.) 3½ hours or until drumstick moves up and down easily. Before serving garnish with curly endive and crab apples.

YIELD: 6 servings.

Sage Cheese Bread

- 1 package (13¾ oz.) hot roll mix
- 1 egg
- ½ cup grated Cheddar cheese
- 1½ teaspoons ground sage

Pour $\frac{3}{4}$ cup warm (not hot) water into a medium-size mixing bowl. Sprinkle yeast from the hot roll mix over water; stir until dissolved. Stir in egg, cheese and sage. Add flour mixture from package; blend well. Cover and let rise in a warm place until double in size, 30 to 45 minutes. Shape dough and place in a greased 8½ x 4½ x 2½-inch loaf pan. Let rise again until double in size. Bake in a preheated moderate oven (350° F.) 30 to 40 minutes or until nicely browned. Cool and slice.

YIELD: 1 loaf.

Stuffed Pork Chop Roast

- 1 tablespoon shortening
- 2 tablespoons instant minced onions
- 5 cups soft bread cubes
- ¼ cup celery flakes
- 1½ cups chopped unpeeled apples
- ¼ cup brown sugar
- 1½ teaspoons salt
- ½ teaspoon sage
- 6 pork chops, 1-inch thick (about 2 lbs.)

Melt shortening in a skillet. Add onion and sauté for 2 minutes. Combine with soft bread cubes, celery flakes, apples, brown sugar, salt and sage. Stand one pork chop, fat side up, in the end of an ungreased (2 quart) loaf baking pan. Alternate remaining pork chops and stuffing, using about one cup stuffing between each chop. Bake at 350° F. for 1½ hours.

YIELD: 6 servings.

Turkey Noodle Casserole

- 2 packages (10 oz. each) frozen broccoli spears, cooked, drained and cut into 1-inch pieces
- 1 package (8 oz.) medium-width noodles
- 3 cups cooked diced turkey
- 2 cans (10½ oz. each) cream of mushroom soup
- 1½ cups milk
- 2 tablespoons diced pimento
- 1 tablespoon instant minced onion
- 1 teaspoon ground sage
- 1/16 teaspoon cayenne

Layer half of the broccoli, noodles and turkey in a 2½ quart casserole. In a small bowl combine soup with remaining ingredients; mix well. Pour half of the soup mixture over turkey. Layer remaining broccoli, noodles and turkey in casserole. Pour remaining soup over all. Bake, uncovered, in a preheated moderate oven (350° F.) 30 minutes or until bubbly.

YIELD: 8 portions.

Green Stuffed Peppers

- 6 medium-size green peppers
- 1 lb. ground beef
- 1 tablespoon oil
- ¼ cup instant minced onion
- 4 tablespoons tomato sauce
- 1 cup soft bread crumbs
- ½ teaspoon sweet basil
- 2 teaspoons monosodium glutamate
- ½ teaspoon sage
- ¼ cup hot water

Wash peppers, cut off tops and remove seed, leaving peppers whole. Steam 5 minutes. Brown beef in hot oil; add onions, tomato sauce, bread crumbs, sweet basil, monosodium glutamate, salt and sage. Fill peppers with meat mixture and place in a baking dish. Add hot water to dish with peppers. Cover and bake in 350° F. for 50 minutes.

YIELD: 6 servings.

Ginger (*Zingiber officinale* Rosc.)

IT'S QUITE LIKELY that a careful examination of the world's best recipes would show that ginger appears in as many — if not more — meat, fish and main dishes than in desserts. This would surely be true of the meats of the Hawaiian Islands, the South Pacific and large parts of the Orient — chicken, duck, beef, spareribs and pork generally. Many curry dishes would lack authenticity if cooked without a piece of whole ginger. Ginger's way with meats has been known for at least 1,900 years, for at that time the ancient Greek doctor, Dioscorides, went on record that "it is right good with meats."

When correct amounts of ginger are used with meats, these foods simply taste more deliciously meat-like but are without a noticeable taste of ginger. Whether to use ground ginger or the whole root depends on the cooking method. When the ginger flavour is to be distributed through the seasoned flour in which chicken, liver slices, etc. are to be dipped, ground ginger would have to be used. When preparing stewed chicken or chicken soup it is preferable to use a bit of whole root which can be removed from the sauce or soup and discarded after some 30 minutes of cooking.

Cracked ginger is used in mixed pickling spice, as are other whole spices because whole spices release their aroma in boiling clear mixtures without clouding them as would that same amount of ground spice.

Ginger Browned Rice

- 2 tablespoons butter or margarine
- 1 cup raw regular cooking rice
- 1 can (10½ oz.) chicken broth
- ½ teaspoon ground ginger
- 1/16 teaspoon ground black pepper

In a medium skillet melt butter. Add rice and brown well, stirring constantly. Gradually add broth and 1 cup water. Stir in ginger and black pepper. Bring to boiling point. Reduce heat, cover and simmer 20 to 25 minutes or until rice is tender.

YIELD: 4 to 6 portions.

Ginger Orange Rice

- 2 tablespoons onion flakes
- 2 tablespoons water
- 3 tablespoons butter or margarine
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon poultry seasoning
- $\frac{1}{8}$ teaspoon ground black pepper
- 2 teaspoons grated orange peel
- $\frac{1}{2}$ cup orange juice
- 2 cups chicken bouillon or 2 cups water and 2 chicken bouillon cubes
- 1 tablespoon parsley flakes
- 1 cup long grain rice

Combine onion flakes and water; let stand 10 minutes for onion to soften. In a saucepan melt butter or margarine; add softened onion and cook over low heat until onions are golden. Blend in ginger, poultry seasoning, ground black pepper and orange peel. Add orange juice and bouillon and bring to a boil. Add parsley flakes and rice. Stir once with a fork. Cover tightly; turn heat very low and simmer slowly 25 minutes or until rice is tender and all liquid is absorbed. Stir again with a fork before serving. Serve with poultry, ham or pork.

YIELD: 6 servings.

Gingerbread

- 2 cups sifted all-purpose flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 2 teaspoons ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ cup shortening
- $\frac{2}{3}$ cup firmly packed brown sugar
- $\frac{1}{2}$ cup molasses
- 2 eggs
- $\frac{2}{3}$ cup water

Set oven for moderately low, 325° F. Grease an 8 x 8 x 2-inch pan. Sift together the flour and next 6 ingredients. Cream the shortening until smooth. Gradually add the sugar and continue creaming until light. Add the molasses and beat until well blended. Add eggs, one at a time; beating to blend after each addition. Continue beating until mixture is light and fluffy. Add the flour mixture to the sugar mixture alternately with the water, a little at a time, beginning and ending with flour. After each addition, stir just enough to blend ingredients. Spread batter in pan. Bake 50 to 60 minutes, or until a cake tester inserted in the center comes out clean. Serve warm or cold. This gingerbread is delicious with lemon sauce.

YIELD: 8 or 9 servings.

Gingered Pork and Cabbage

- 2 lbs. boneless pork shoulder, cut into 1 inch pieces
- 1 tablespoon salad oil
- 1 can (10½ oz.) beef broth
- 2 tablespoons soy sauce
- 2 teaspoons instant minced onion
- 1 teaspoon ground ginger
- $\frac{1}{8}$ teaspoon instant minced garlic
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 can (10 oz.) sliced mushrooms, drained
- $\frac{1}{4}$ cup mushroom liquid
- 4 cups coarsely shredded cabbage
- Cooked broad noodles

In a Dutch oven, brown meat well in hot oil, stirring often. Combine next 6 ingredients and add to browned meat. Bring to boil. Reduce heat and simmer, covered, about 1½ hours or until meat is tender. Add mushrooms, mushroom liquid and cabbage. Cook uncovered 5 minutes. Cover and simmer another 10 minutes or until cabbage is crisp-tender. Serve on hot cooked noodles.

YIELD: 4 to 6 servings.

Ginger Refrigerator Cookies

- 3½ cups sifted all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 cup butter or margarine
- 1 cup sugar
- 1 egg
- $\frac{1}{3}$ cup molasses
- 1 cup chopped blanched almonds

Sift together flour and next 5 ingredients. Cream butter until smooth. Gradually add sugar and continue creaming until light. Add egg and molasses and beat until fluffy. Add about a third of the sifted dry ingredients to the creamed mixture. Stir just until blended. Add and stir in the nuts. Add remaining dry ingredients in 2 parts; stir after each addition just until blended. Turn dough out onto floured board; knead about 5 turns, or until dough is smooth. Divide dough in thirds. Shape each part into a roll about 2 inches in diameter and wrap in waxed paper. Chill several hours or overnight. Set oven for moderate, 350° F. Grease cookie sheets. Remove paper from dough. Cut dough in slices about ¼-inch thick; use a metal spatula to place on cookie sheets. Bake 8 to 10 minutes, or until crisp. Remove cookies from pans and cool on a wire rack.

YIELD: 7 dozen.

Pumpkin Custard

- 1 package (3¾ oz.) instant vanilla pudding mix
- 1 cup cooked mashed pumpkin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon grated orange peel

Prepare pudding mix according to package directions, substituting light cream for milk. Stir in remaining ingredients; mix well. Pour into serving dishes and chill until set. Garnish with shredded toasted coconut, if desired.

YIELD: 6 portions.

The Brigadier's India Chutney

- 12 green apples, pared
- 12 firm red tomatoes, peeled
- 3 medium-sized onions, peeled
- 1 green pepper, seeded
- 3 cups white vinegar
- 1 lb. brown sugar
- 3 tablespoons dry mustard
- 1 tablespoon ground cloves
- 1 tablespoon ground ginger
- 2 tablespoons salt
- ¼ cup pickling spice
- 1 lb. seedless raisins

Coarsely chop the apples, tomatoes, onions and green pepper. Into a preserving kettle, put the vinegar, sugar, mustard, cloves, ginger and salt. Tie the pickling spice in a double thickness of cheesecloth or a small cloth bag; put into the vinegar mixture, with the raisins and chopped fruits and vegetables. Bring to a boil over medium heat. Reduce heat to a low and simmer 1½ hours, stirring frequently. Remove spice bag. Pour the mixture into hot sterilized jars. Seal at once.

YIELD: 4 pints.

Plum Chutney

Gives baked ham a real fillip!

- 2 lbs. plums
- 3 to 4 tart apples
- 1½ cups seedless raisins
- 2 medium chopped onions
- 3 cups white vinegar
- 1½ cups sugar
- 1 tablespoon salt
- 2/3 teaspoon ground ginger
- 3 teaspoons whole cloves
- 1 stick cinnamon
- 1 teaspoon whole allspice

Cut plums into quarters and remove stones. Peel, core and chop apples. Mix the three fruits with the chopped onion in a large kettle.

Add remaining ingredients, tying the whole spices loosely in a cheesecloth bag. Simmer gently, stirring occasionally until chutney is as thick as apple butter. Remove spice bag. Ladle chutney into sterilized jars and seal tightly. If decorative jars are used, seal the top of the chutney with melted paraffin wax.

Crusty Peach Cobbler

- 3 cups sliced fresh peaches
- ¼ cup sugar
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 1 teaspoon almond extract
- ½ teaspoon cinnamon
- ¼ teaspoon ginger

Arrange peaches in greased 8-inch square baking pan. Sprinkle with mixture of ¼ cup sugar, almond extract, lemon juice, peel and spices. Heat in the oven while preparing the topping, as follows:

- 1½ cups flour
- ½ teaspoon salt
- 3 tablespoons baking powder
- 1 tablespoon sugar
- 1/3 cup shortening
- ½ cup milk
- 1 well beaten egg

Sift together flour, salt, baking powder, and 1 tablespoon sugar; cut in the shortening until mixture is like coarse crumbs. Add milk and egg together; stir just until flour is moistened. Spread dough over hot peach mixture. Sprinkle with 2 tablespoons sugar. Bake in a hot oven, 400° F. for 40 minutes.

Strup Nanas Djahe

(Pineapple Ginger Syrup)

- 1 can (8¼ oz.) crushed pineapple
- 1½ cups sugar
- 1 tablespoon lemon juice
- 1 teaspoon ground ginger
- 1/16 teaspoon salt

In a medium saucepan combine 1½ cups water with all ingredients. Bring to boiling point. Reduce heat, simmer uncovered 30 minutes. Strain syrup. To serve, spoon 2 tablespoons syrup into an 8-ounce glass filled with crushed ice. Drink with a straw.

YIELD: Approximately 1-2/3 cups syrup.

Pickles are enhanced by four interesting spices: Whole allspice — a delicately fragrant spice that tastes like a combination of cinnamon, nutmeg and cloves.

Whole cloves — the nail-shaped flower bud that is so pungent, yet so sweet.

Stick Cinnamon — a reddish brown bark that has an agreeable aromatic aroma and a pungently sweet taste.

Ginger — the root of a tuberous plant. It's light buff colour and distinctively aromatic with a spicy-sweet pungent flavour.

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CANADIANS are an active, fun-loving people. Summer or winter they are on the go and even the big city dweller finds it easy to escape into the great outdoors and enjoy himself amid the natural beauties with which this country is so generously endowed.

And Canadians are hospitable. In a young country, Canada's citizens retain the spirit of pioneer days when people learned to make their own fun — from barn-building bees to country square dances. That gay tradition is as lively today as when the first settlers arrived in New France and later immigrants began to spread west across the lonely plains to the Rockies.

Today, whether the mood is the formal elegance of a dinner party or the casual good friendship of a pool-side, patio or playroom get-together, Canadian parties still hold lots of laughter and vitality. You, too, can add to your entertaining that special personal touch to give it style and flavor and keep it lively.

But the fast-moving pace of modern living requires new ways to express your personality and new techniques in party giving to make sure they are all successful. Several programs for parties everyone can give are included in this booklet, complete with menus, recipes, tips and suggestions that we hope will make your most important parties even more memorable.

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Planning the Action



PLANNING makes a party perfect. The best parties — the ones everyone remembers — don't just happen. Even spur-of-the-moment get-togethers take on-the-spot planning. Here are a few tips:

1. Plan the guest list carefully, for one of the most important party ingredients is a compatible and interesting group of people.
2. Complete the guest list early so you'll know exactly how many to plan for; and be sure they know — by telephone or letter — the exact date, time and place.
3. Do your planning on paper. Write down your master plan. Most of us do better when we put things in black and white — so we can see, change and add.
4. Decide on a theme for your party. A coordinating "thread" between your centrepiece, decor and games helps more than almost anything else to put guests in a party mood.
5. Plan your menu at least one week before the party. Don't serve foods that you've never prepared before. Instead, get to know the recipes in this booklet and serve these distinctive Canadian beer dishes. They will not only give you an appetizing menu but will become conversation pieces as your guests sample the delights of this style of cookery.



6. Do your party shopping far enough ahead. Basic foodstuffs can be purchased a week in advance. Perishables should be bought just the day before.

7. Do as much preparation as possible. Wash salad greens, for example, and place them in self-seal plastic bags in your refrigerator. If a casserole-type dish is to be your main course, have all the ingredients prepared ready to assemble the day of the party. Choose a dessert that can be done ahead.

8. Try, if possible, to position the beverage bar away from the area where the food is going to be served. This eliminates a lot of confusion. Give the bar a special festive touch such as an array of canned and bottled beer in a bed of cracked ice.

9. In all your planning remember that the single touch usually is most effective. For example, if flowers are part of the decor have one large, dramatic bouquet instead of two small ones. Or, in serving hors d'oeuvres, one special tray with unusual appetizers can attract everyone's attention.

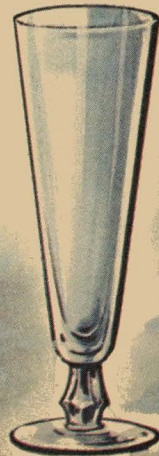
10. As the hostess, you have the main responsibility to keep the party moving — but you will have no problem if you have thoughtfully considered your guest list, your beverage service and your menu.





NO party is complete without refreshments — before, during and after the meal. The courteous, thoughtful hostess, anticipating her guests' preferences, provides a wide assortment of beverages.

- Have enough beverages on hand — and be sure that they are chilled properly. This applies particularly to ale and lager. If the refrigerator is crowded, fill a large wooden tub or ice chest with additional cans or bottles buried in ice. It is not only decorative — it is practical, too, for as the ice melts the cold water keeps the beverages chilled for hours.
- If your party is large, consider setting up two service bars — each in a different room or, if outdoors, on different sides of the patio or lawn. One of these should be the “beer bar” — a long, narrow table decorated appropriately to tie in with the theme of your party.



The Party Beverages

- Beverages need food accompaniments so have plenty of party favorites — peanuts, potato chips, popcorn, pretzels and crackers — ready to dispense from the bar.

- With the meal, serve ale and lager in attractive beer glasses, some of which are illustrated on this page. The stein is more suitable for outdoors or for game room parties where everyone is on the move.

- Ale and lager are ideal with almost every kind of food and can be served throughout the entire course of the meal.

- After-dinner drinks may be offered at the table but often are served in the living room. Here many persons find that ale and lager are the perfect beverages with which to taper off an evening of fun and relaxation.

- Beer should be served at a temperature from 42 to 45 degrees; it is then that beer sparkles, exhilarating and


delighting the palate. Normally you will find this temperature on the bottom shelf of your refrigerator.

- For smoother, more enjoyable beer it should be poured with a proper head. Hold the glass upright and allow the beer to splash down the centre of the glass. If the head builds up too rapidly, decrease the flow. If the head is not growing fast enough, hold the bottle perpendicularly over the glass and allow the remainder to splash down and froth around.

- **IMPORTANT** — Beer glasses should never be washed with soap since the fat from soap leaves invisible traces on the glass which will cut down the beer head. After washing in *hot* water with detergent, the beer glass should be rinsed in cold water and turned upside down to drain. Some connoisseurs even insist on rinsing glasses in a hot water and salt solution, then in clear water — then drain dry without wiping.



Holiday Party



THE DINNER party has long been associated with Canada's important holidays — Canada Day, Labor Day, Victoria Day and, of course, Christmas, Thanksgiving and Easter. But today it need no longer be restricted to these festive occasions. Anyone can have a dinner party — before or after the theatre, after graduation ceremonies, to entertain co-workers or introduce a visitor to your home.

It's a party that calls for a sit-down dinner and that means your best china and silver, candlelight and flower

arrangements. If you serve from a sideboard, utilize the warm glow of a chafing dish to give more atmosphere. Use the decor to let your personal hospitality shine through.

With a carefully chosen menu (ready when the guests are ... not vice versa) good conversation and perhaps some background mood music, the evening will be warmly remembered. Your main dish should be a show stopper — several of which you'll find in this booklet.

When choosing beverages to complement your dinner,



don't overlook ale and lager. Attractive glasses of beer served with the meal, will give a new and dramatic tone to your table. There are many dishes that indeed demand the presence of beer — curries and spicy foods, seafood specialties, casseroles and chafing dish recipes.

Obviously, a small party is much more fun if most of the guests know each other or share some interest. But, don't hesitate to change your pace... invite a new face.

MENU

*Beer Cheese Bisque
Beef with Beer
Tossed Green Salad
Buttered Peas and Pearl Onions
Butterflake Rolls
Mincemeat Pie*

BEEF WITH BEER

2 lbs. beef filleted
1 cup minced onion
4 tsp. butter
1 tsp. flour
2 small bottles beer
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{3}$ tsp. salt

Cut the beef in cubes of $\frac{1}{4}$ to $\frac{1}{2}$ inch thickness and place in a frying pan. Add onions and other seasoning. Pour beer over the mixture and marinate for 24 hours. Simmer for 2 hours, or until the meat becomes tender over moderate heat. Blend the butter and the mixture with flour. Pour over the beef and let stew for 5 minutes before serving. Serves 4.

Beach Picnic

ACROSS the country this kind of party is an old favorite in the repertoire of Great Canadian Get-togethers. Why? Because it is as successful at a lakeside cottage as it is at the seashore or a park-site locale. The mood is always informal and all that's needed besides food and beer is a stretch of sand or a length of lawn.

When it comes to the decorations for this party, nature supplies just about all of them — the sun, the sand and perhaps an invigorating breeze. But to give the cottage additional atmosphere you might drape the sun deck railing with a fisherman's net or use an upturned flat-bottom boat as the beer and snack bar.

To intensify the mood add a guitar or banjo — there's always one guest who can strum a few favorite tunes — or a record player for music to watch the sun go down by.

There's no end to the fun at a beach where there's swimming, wading, collecting pretty shells, water-worn stones or weathered driftwood. Bring a pole and bait for fishing in quiet waters, water skis or a mask for skin diving. A beach ball is an invitation to fast action.

Choose picnic favorites such as the Cottage Loaf Salad Sandwich, the recipe for which is on next page. But be generous no matter what you serve, from fried chicken to hamburgers grilled over an outdoor fire. What with the games and sports in which you and your guests participate and all that sun and fresh air, you are bound to build a hearty appetite and a healthy thirst.



MENU

Cottage Loaf Salad Sandwich

Spanish Spice Cake

COTTAGE LOAF SALAD SANDWICH

First, cut the top off a crusty cottage loaf, then hollow out the bread to within an inch of the crust. Line the insides with crisp lettuce leaves, then fill the centre with chopped chicken, flaked crab or chunky lobster pieces mixed with this tangy mayonnaise. Return the "lid", wrap the loaf in foil or freezer paper and put it in the coldest part of your refrigerator until you are ready for your picnic.

All you need now, is a sharp breadknife to cut your cottage loaf sandwich into chunks. It will stay moist because of the mayonnaise dressing and will certainly create a talking point for your picnic.

DRESSING

4 hardboiled eggs

½ tsp. salt

¼ cup olive oil

½ bottle lager (6 oz.)

½ tsp. dry mustard

1 tsp. grated onion

With a Blender: Chop the eggs, place in a blender with the other ingredients and blend until very smooth. Pour into a bowl and refrigerate for several hours.

Without a Blender: Mash the eggs and the grated onion. Force this through a fine sieve several times. Then, in a deep, narrow bowl, add the other ingredients to the eggs and beat at high speed with the mixer. When it is as smooth as possible, strain into a small bowl and refrigerate for several hours.





Square Dance

ANYONE who has watched the hoedown programs on Canadian TV knows how popular the square dance and its music is in this country. The fiddles and the guitars start feet stomping to the lively rhythms irresistibly.

The square dance party has been a favorite way of entertaining in Canada for generations and calls for traditional decor, food and beverages. Guests come in casual dress, their full, swirling skirts and blouses, jeans and checked shirts adding color to the rustic decorations. These can include empty nail kegs, picnic benches — even bales of hay — for seats. Hang clusters of cobs of Indian corn on the walls. Stand a scarecrow in the corner.

The beverage is an integral part of this party scheme. It is Canadian ale and lager, famous all over North America

for its rich smoothness and mellow strength. It can be served from a bar that consists of two step-ladders with wooden planks between them. A wheelbarrow full of canned and bottled beer buried in cracked ice sets a genuine barn dance mood.

Since the music is the most important part of a square dance, it is essential that the program be carefully planned. A record player and an album of square dance music with simple calls is necessary. Some record jackets give detailed notes on how to follow each call. A few minutes practice will teach you the simple steps.

If you know a genuine old-time fiddler, get him for he'll fit his playing and calling to the mood and the proficiency of the dancers.



MENU

*Oven-Fried Chicken
French Fried Potatoes
French Fried Onion Rings
Biscuits or Corn Bread*

In case some of your guests don't care to dance — the pace can be pretty strenuous — have some other party games ready, all in a relaxed, carefree spirit.

Hearty appetites will follow the dancing and the games and nothing will assuage the thirst of the energetic dancers like a long, cold glass of refreshing beer.

For your menu, there's nothing more appropriate or easier to make than the Oven-Fried Chicken marinated in beer described in the accompanying recipe. For an extra touch serve biscuits and corn bread with a different but all-Canadian ingredient — beer.

Then it's: "Swing your partner, Do-Si-Do, resin on the bow, and here we go!"

OVEN-FRIED CHICKEN

(Yield: 12 portions)

- 1½ teaspoons crumbled poultry seasoning
- 6 chickens, quartered (2½ lbs. each)
- 2 small onions, chopped
- 2 cans (12-oz. each) beer (about)
- Salt and pepper
- 2 eggs
- 3 cups cornflake crumbs
- 1½ cup (3 sticks) butter or margarine

Wash chicken parts and pat dry. Lay pieces in a single layer in a shallow pan. Sprinkle with onions and poultry seasoning. Add enough beer to cover chicken. Marinate several hours. Drain; sprinkle chicken with salt and pepper. Beat eggs well with ½ cup of beer. Dip chicken pieces in egg; roll in cornflake crumbs. Melt butter and stir in ½ cup beer. Place half of mixture in 2 shallow pans. Put chicken pieces skin side up in a single layer into pans and pour remaining butter mixture evenly over chicken. Bake at 350°F. for 40-50 minutes.



After Winter Sports

CANADA is a land of winter sports. Its professional hockey players are unexcelled. Its skiers and skaters are of Olympic calibre.

It is only natural that in this country where most areas have snow during the winter season, practically all Canadians take to the rinks, mountain slopes and drifted fields as readily as a Polynesian takes to the warm waters of the South Pacific.

It is as unlikely that a Canadian lad cannot skate as it is that his U.S. cousin can't play baseball!



MENU

*Onion Soup Provençal
Quebec Tourtière Cooked in Beer
Pork and Beans Cooked in Porter
Cheese French Bread*

During the winter months the rinks are crowded with skaters, old and young; with boys learning to play hockey and girls learning to figure skate. The ski slopes present the same scene — thronged with all ages.

And parties! This is the season of the year for genuine hospitality and good comradeship. After the gang has gone snowshoeing, sleighriding, skating, skiing, ice-fishing, ski-dooing, tobogganing, curling, or after watching the hockey game, that's when the warm fire beckons, the hot savory dishes delight the palate and sparkling beverages promote conviviality.

The menu which appears above is a good example of the type of food that can be prepared beforehand and quickly reheated for serving. Buffet style usually is best as the guests can serve themselves and gather around the fireplace to discuss the game or tell each other about their thrills and spills in the snow.

There is nothing like a hot bowl of onion-beer soup topped with toast slices and sprinkled generously with grated cheese. It takes off the chill after an afternoon on the ski runs and

warms up the party, too. Quebec Tourtière cooked in beer is one of the famous delicacies of that province and the best of all hot meat pies. Guests can serve themselves a generous slice or ladle out a steaming portion of Pork and Beans Cooked in Porter, and rejoin the others.

A winter sports party is one that requires no special effort at decor — it's the food that counts. Plan for ease and informality and serve at any time of day — late morning, afternoon or evening. Since the main work is done ahead of time, merely reheat and the party's on. Ravenous appetites worked up in the bracing winter temperatures will do all the rest.

QUEBEC TOURTIÈRE COOKED IN BEER

1 lb. minced beef
1 lb. minced pork
1 cup minced onion
1 tsp. parsley
4 oz. butter
Pinch of ground cloves
8 oz. beer
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ tsp. salt

Melt butter in casserole and add onions and minced beef and pork with cloves. Add the beer and allow to simmer for 10 minutes. Add parsley, salt and pepper. Stir again and allow to simmer for 10 minutes. Line a pie plate with pastry and pour in the mixture. Cover with pastry and bake for 20 minutes at 400 F. Makes a 10-inch pie.

Beer and Cheese

BEEER and cheese spell "instant party." Fast becoming a favorite Saturday night specialty in Canada, it provides guests with something different and tempting to the taste.

The charm of the party lies in the opportunity given guests to make new discoveries and enjoy old favorites by choosing from the large assortment of Canadian cheeses and matching them with an array of ales and lagers.

For a smooth blend of ease and graciousness in serving, arrange food on a table and let your company help themselves to individual wedges and squares of cheese or cut their own slices from large blocks. Each brand of cheese can be identified with a toothpick flag bearing its name.



There also are numerous pasteurized processed cheese spreads and dips with zesty pimento, olive, pineapple or bacon tangs to garnish the variety of crackers, toast squares, rye, Kummel and French breads, sticks and potato chips on your buffet.

Remember to stuff crisp celery with cheese, or hollow out a cucumber, do the same, and slice fairly thin.

Here are some suggestions on how to match your cheeses with your ales and lagers.

Light ale is complemented by mild Canadian cheddar and Gouda (the round cheese with the red-coated exterior and yellow interior).

If the guest chooses lager, Gruyere, which is a hard, light-yellow cheese, is excellent. Oka, the cheese made famous by Trappist monks near Montreal and considered a delicacy in other parts of the world to which it is exported, also goes well with light lager beer. A heavier ale takes old Canadian cheddar or Roquefort, a cheese that is characterized by its sharp, peppery, piquant flavor.

And there are many hot cheese dishes that go well with beer and ale such as the delicious Cheese Beerbit described here.

The cheese and beer party need not be restricted to a large gathering. It is equally enjoyable after an evening of cards or music.

CHEESE BEERBIT

A pound of cheese, a can of ale or lager and a few seasonings are all that's needed for this favorite supper dish. Make it in a chafing dish or cook it in a double boiler and serve it as a grilled "Beerbit" as this recipe suggests.

1 tablespoon butter
1 pound aged Cheddar or sharp
processed cheese, grated
1/2 cup of ale or lager

1 teaspoon worcestershire sauce
1/2 teaspoon dry mustard
1/8 teaspoon cayenne
Salt to taste

In chafing dish or double boiler over hot (not boiling) water, melt butter and cheese. As cheese begins to melt, gradually stir in ale or beer. Cook only until smooth and hot. Stir in seasonings and serve immediately on hot crisp toast or heated crackers. Makes 4 to 6 servings. For a grilled "Beerbit", pour the smooth sauce into a shallow, heatproof casserole and broil only until the surface is bubbly and surround it with toast triangles. Serve with beer and a green salad.





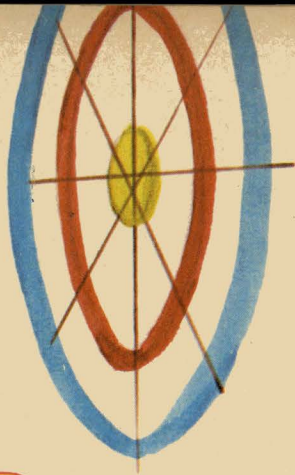
Games Party

A RECREATION or family room inspires a new, friendly get-together — a games party. The games that are played are strictly those that are familiar to almost every Canadian family — cards, darts, ping-pong, checkers.

The games start as soon as the guests arrive. What makes this evening different is that each player participates in every activity and their scores are entered on a big tournament tote board hung on the wall. At the end of the party, the individual with the highest grand total score is declared the winner. A prize, naturally, is in order. Make it fun but make it useful, too.

No need to worry about the decor for such a party, it comes along with the games. Card tables, checkerboards, darts, ping-pong paddles — they all help set the colorful carefree mood you're seeking. Special touches might include using an extra dart board as a beverage tray and decorating the tote board with your own array of sports designs.

To keep the games moving fast, serve finger food appetizers and quick beverages like ale and lager. Modern, light music kept at low volume during the games, can be turned up afterward for dancing.



MENU

*(Serve as a sit-down dinner
or as a buffet)*

*Economy Beer Dip and
Potato Chips*

Ham Baked in Beer

Glazed Apple and Onion Rings

French Potato Salad (Cold)

Beer Cheese Tea Biscuits

Spicy Drop Cookies or

Heavenly Gingerbread

HAM BAKED IN BEER

Whole or half ham
1 cup molasses or brown sugar
2 tsps. dry mustard
Whole cloves
1 tablespoon pepper

1 large onion cut in four
1 carrot cut in pieces
1 stalk celery with leaves
1 cup ale

With a sharp knife remove the skin from the ham. Score fat diagonally. Place a clove in each diamond. Set the ham in the middle of a sheet of heavy-duty aluminum foil. Place in a shallow dripping pan.

Mix thoroughly the molasses or brown sugar, dry mustard, pepper (no error in the quantity) and the ale. Pour over the ham. Bring aluminum foil to the top, fold lightly. Close ends of foil sealing the ham inside, so as to retain juice in foil. Bake in a 400°F oven. Whole ham 16 mins. per lb. Half ham 18 mins. per lb.



On The Patio

FROM the arrival of the first crocus in spring until it's time to close the cottage for the winter, patio parties dot the landscape across Canada.

Entertaining out of doors, be it in the garden, on the terrace or patio, provides the opportunity to safely mix and match old and young with in-laws, friends and the neighbor's dog.

With the introduction of the portable barbecue a new, casual style party made its debut. Whenever neighbors get together to build a new fence or join forces in a community

project, a party afterwards is always doubly pleasant out of doors.

Beer is the most popular beverage at such an affair, served in chilled steins or mugs. You may choose a cool menu of cold cuts, green and potato salads and relish trays. If the party is planned towards sundown you may prefer a hot selection of "mickeys" (foil-baked potatoes), marinated beef and Canadian corn on the cob and breads — all cooked with beer and included amongst the recipes beginning on page 20 of this booklet.



Decorations aren't necessary for this party because nature provides the backdrop, but you can use your wheelbarrow again, filled with cracked ice and loaded with canned and bottled beer. If you do want a centerpiece, be adventurous and switch to an array of fresh fruits or vegetables. Nothing is more striking than a basket of ripe, red tomatoes.

Be sure to use the attractive disposable plates, bowls and cups which completely eliminate dishwashing and cleaning up. Patio lights are necessary if your guests linger after dark. There are many available in candle form which not only add light but deter party-crashers with wings.



MENU

*Marinated Beef
Mickies
Canadian Corn
Beer Bread*

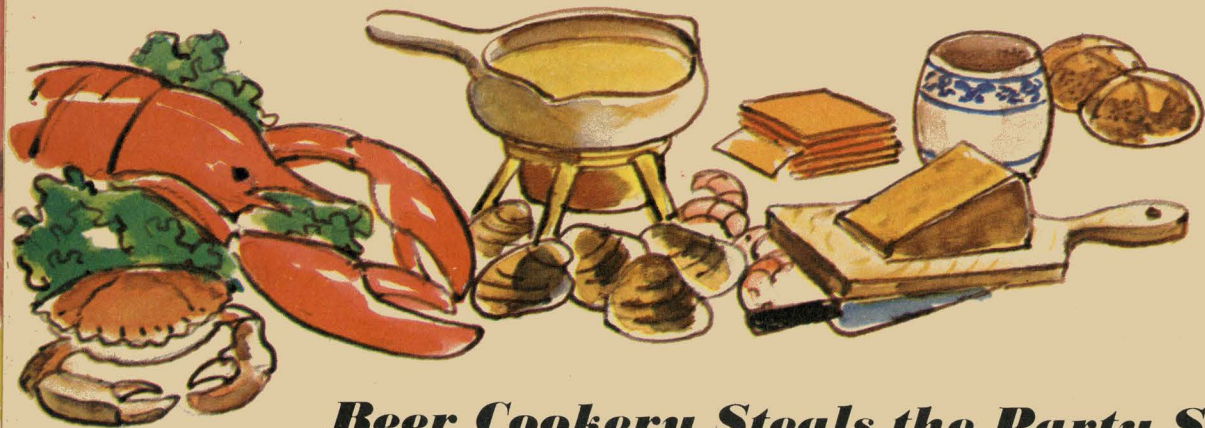
MARINATED BEEF — SAUERBRATEN

- | | |
|---|---|
| $\frac{3}{4}$ cup beer or ale | 3 bay leaves |
| $1\frac{1}{2}$ cups vinegar | 2 tablespoons flour |
| $\frac{3}{4}$ cup water | $1\frac{1}{2}$ teaspoon salt |
| 3 onions, sliced | $\frac{1}{8}$ tsp. pepper |
| 2 tablespoons mixed pickling spices | 2 tablespoons fat |
| 4 lbs. boned rump, round or chuck pot roast | $\frac{1}{3}$ cup gingersnap crumbs |
| | $\frac{1}{2}$ cup commercial sour cream |

To Marinate: Combine beer, vinegar, water, onion slices, pickling spices and bay leaves in a large deep bowl. Add meat, allow to marinate 2 to 4 days, turning meat occasionally.

To Cook: Remove meat from marinade; pat dry. Reserve marinade. Blend together flour, salt and pepper, roll meat in mixture. Heat fat in heavy kettle; add meat and brown thoroughly on all sides, about 15 to 20 minutes. Add $\frac{3}{4}$ cup of the reserve marinade. Cover tightly. Cook over low heat $3\frac{1}{2}$ to 4 hours or until meat is tender, adding small amounts of marinade if necessary. Remove meat to heated platter.

To prepare gravy, drain drippings from kettle. Measure and return $\frac{1}{3}$ cup. Blend in gingersnap crumbs. Stir in 2 cups strained marinade. Cook, stirring constantly, until thickened. Stir in sour cream; heat, but do not boil. Serves 6 - 8.



Beer Cookery Steals the Party Spotlight

BECAUSE beer is such a satisfying, cooling beverage, many people forget that it is also one of the world's great seasoning agents. Used properly, ale or lager (interchangeable in most cases) turns the most ordinary foods into exceptional party fare and adds an indefinable, subtle quality to a surprising number of dishes.

In meat cookery, for example, beer is a classic ingredient. Used in place of water as the simmering liquid, it brings out all the richness of the meat and vegetables. The alcohol evaporates in the cooking, leaving only the delicate flavors behind to intrigue the diner.

As a marinade for meat, fish or seafood, it penetrates and tenderizes. In roasting, baking or broiling, ale or lager is used to baste the foods or as an ingredient in the basting sauce to impart a rich, dark color and highlight the gravy.

Beer and cheese are perfect companions. The famous Welsh Rarebit is actually nothing more than melted cheese

thinned with beer or ale. In modern dips based on cheese or a combination of cheeses, a little beer in the mixture makes them truly outstanding.

As a baking liquid, ale and lager are unsurpassed. Either adds a lightness and buoyancy to biscuits, pancakes, cakes and a variety of homemade breads. Experiment with beer as all or part of the liquid in packaged mixes; to reconstitute instant or freeze-dried foods; or added to mayonnaise in hearty salads.

Following are the recipes for the unusually good beer-flavored dishes which make up the suggested menus on previous pages. These recipes have all been tested and enthusiastically approved in thousands of Canadian and American homes. Try one or several to feature at your next beer party when you want to serve popular foods but make them into creative specialties of your own.

SOUPS AND APPETIZERS

BEER CHEESE BISQUE

(Yield: 12 servings)

- | | |
|---------------------------------|-------------------------------------|
| ¼ cup butter or margarine | 2 cups beer |
| 1 small onion, chopped | 2½ cups grated sharp cheddar cheese |
| 2 small carrots, finely chopped | 4 egg yolks, slightly beaten |
| ½ cup finely chopped celery | Salt and white pepper |
| ½ cup all-purpose flour | 1 cup sour cream |
| 3 cups light cream | ¼ cup chopped chives |

Melt butter and saute onion, carrots and celery until golden. Stir in flour. Gradually stir in cream and beer. Cook over low heat stirring constantly until slightly thickened. Add cheese and stir until cheese is melted. Beat hot soup into egg yolks. Return to heat and season to taste with salt and pepper. Do not boil. Garnish each serving with a dab of sour cream sprinkled with chives.

ONION SOUP PROVENCAL

- | | |
|-----------------------------------|--------------------------------|
| 6 tblspns. butter (or margarine) | A few drops of Maggi seasoning |
| 4 large red onions, thinly sliced | 2 cups beer |
| 3 cups of chicken stock | |

Heat butter (or margarine) in a heavy pot. Add onions and cook until soft and golden brown. Add chicken stock, Maggi seasoning and beer. Simmer covered for 45 mins. Season with 1 tsp. salt and ¼ tsp. pepper. Pour into heated soup bowls, top with toast slices, and sprinkle generously with grated Parmesan cheese. Place under pre-heated broiler for one minute and serve piping hot. You'll find this hearty soup excellent after a cold afternoon on the slopes.

Serves 6.

ECONOMY BEER DIP

- | | |
|---------------------------------|-------------------------------|
| 1-3 oz. package of cream cheese | 1 tsp. paprika |
| ¼ lb. of cottage cheese | 1 tsp. prepared mustard |
| 1 small onion, finely diced | 1 tsp. grated Parmesan cheese |
| 1 tsp. capers | ¼ cup beer |
| Pinch caraway seeds | |

Blend all ingredients together thoroughly. Chill until ready to serve. If a softer dip is desired add another ¼ cup of beer. Yield — about 1 cup of dip.

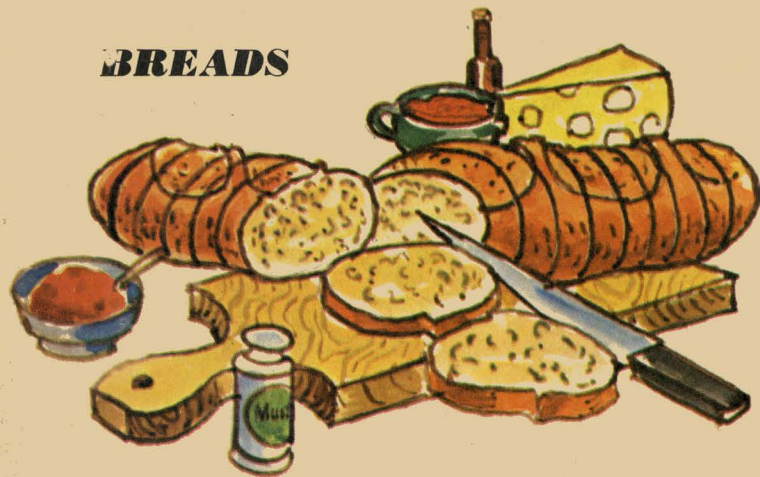
LOMI-LOMI SALMON

(Yield: 12 servings)

- | | |
|----------------------------|--------------------------|
| 3 pounds fresh salmon | 1½ cups beer |
| ½ cup chopped green pepper | ½ cup soy sauce |
| ½ cup chopped pimiento | ½ teaspoon ground ginger |
| 1 cup lemon or lime juice | 1 garlic clove, mashed |
| 2 tablespoons grated onion | |

Trim salmon and remove bones. Cutting diagonally, slice salmon into long thin strips 3 to 4 inches long. Spread salmon, green pepper and pimiento in a thin layer in a shallow pan. Pour lemon juice and 1 cup of beer over the fish so it is completely covered and all fish is below the level of the liquid. Let stand at room temperature until fish becomes a pale pink (the fish "cooks" in the acid marinade). Drain fish. Rinse with cold water. Drain again and lay pieces flat. Place a little of the marinated peppers and pimiento at the end of each piece, and roll. Fasten with toothpicks. Mix soy sauce with remaining ½ cup of beer, ginger, garlic and onion. Use as dip sauce with salmon.

BREADS



CHEESE FRENCH BREAD

(Enough for 2 long loaves)

- | | |
|---|----------------------------|
| 4 cups (1 pound) finely grated Swiss cheese | 2 tablespoons tomato paste |
| 1 teaspoon dry mustard | Few drops Tabasco |
| ¼ teaspoon garlic powder | ¼ cup beer (about) |
| | 2 long loaves French bread |

Mix cheese, dry mustard, garlic powder, tomato paste and Tabasco with enough beer to make a spreadable mixture. Cut bread into 1-inch crosswise slices, not quite all the way through. Spread cheese mixture between slices of bread. Wrap loaf tightly in foil and bake at 400°F. for 15 to 20 minutes. Serve hot.

BEER BISCUITS

(Yield: 24 biscuits)

- | | |
|---------------------|--------------------|
| 4 cups biscuit mix | Caraway, sesame or |
| 1 can (12-oz.) beer | poppy seeds |
| 1 egg, well beaten | |

Mix biscuit dough according to package direction using beer as liquid. Knead a few times until dough is smooth. Roll out on a lightly floured board to ¾-inch thickness. Cut into 2-inch rounds. Put on lightly greased cookie sheet. Brush tops with beaten egg and sprinkle some with caraway, some with sesame and some with poppy seeds. Bake at 450°F. for 10 to 15 minutes or until golden brown.

BEER CHEESE TEA BISCUITS

- | | |
|---------------------------|--------------------------------|
| 2 cups sifted flour | ⅓ cup grated cheese (Parmesan) |
| 4 teaspoons baking powder | 3 tablespoons shortening |
| ½ teaspoon salt | ⅔ cup Ale |

Sift together flour, baking powder and salt. Add the cheese, cut in shortening with knife or pastry blender until mixture resembles fine cornmeal. Add ale to make a soft dough. Do not over-mix. Knead the dough slightly on a lightly floured board. Roll ½ to ¾ inch thick and cut with a floured biscuit cutter.

Place biscuits on an ungreased baking sheet — 1½ inch apart if crusty biscuits are desired. Bake in hot oven 425° to 450° F. for 10-15 minutes. Makes about 12 biscuits.

CORN BREAD

(Yield: 12 servings)

- 1 package (1-lb. 2-oz.) corn muffin mix
- 2 eggs
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup beer
- 1 tablespoon dried minced onion
- 2 tablespoons each diced red and green peppers

Combine all ingredients and blend well. Pour mixture into 2 well greased 8x8x2-inch pans. Bake at 375°F. for 20 to 25 minutes.

BEER BREADS: WHITE, RAISIN, ONION AND NUT

(Makes 4 small loaves)

- | | |
|-----------------------------------|--|
| 2 packages hot roll mix | $\frac{1}{2}$ cup raisins |
| $1\frac{1}{2}$ cups lukewarm beer | 3 tablespoons onion flakes |
| 2 eggs | $\frac{1}{4}$ cup coarsely broken nuts |

Prepare roll mix according to package directions, using beer to dissolve yeast instead of water. Add eggs to dissolved yeast; then beat in flour. Knead. Let rise covered in a warm place until double in bulk. Punch down and knead. Cut dough in 4 equal pieces. Leave one piece of dough plain; knead raisins into second piece; knead onion flakes into third piece; knead nuts into fourth piece. Shape each piece into a small loaf and put 2 loaves into each half of 2 well-greased 9x5x3-inch pans. Let rise until double in bulk. Bake at 375°F. for 45 to 50 minutes or until deeply browned and loaf sounds hollow when thumped.



SALADS and SALAD DRESSINGS



BEER SALAD DRESSING

(Yield: 12 servings or 5 cups)

- 1½ cups salad oil
- 1 cup beer
- 1 tablespoon worcestershire sauce
- 2 cans (10¾ ounces each) condensed tomato soup
- 1 small onion grated
- 1 large clove garlic, mashed
- 1 tablespoon sugar
- 2 teaspoons salt
- 1 tablespoon prepared horseradish

Combine all ingredients in a bowl and beat until well blended. Chill until ready to serve. Beat again just before serving.

FRENCH POTATO SALAD (COLD)

- 3 lbs. potatoes (8 cups diced)
- 2 cups diced celery
- 1 small onion chopped
- 2½ tablespoons salt
- 1 cup mayonnaise
- 2 tablespoons prepared mustard
- ¼ tablespoon Tabasco
- ½ cup beer or ale
- 2 tablespoons chopped parsley

Cook potatoes in skins until tender. Peel and dice. Add celery and onion; sprinkle with salt. Blend mayonnaise, mustard and Tabasco; gradually stir in beer. Add parsley. Add to potato mixture. Mix lightly with a fork being careful not to break potatoes. If desired, serve on greens or garnish with radish slices or tomato wedges. Serves 8.

VEGETABLES AND SIDE DISHES

GLAZED APPLE AND ONION RINGS

- | | |
|--------------------|--------------------------|
| 3 large apples | 3 tablespoons butter |
| 2 large onions | ¼ teaspoon ground cloves |
| ½ cup beer | ¼ teaspoon salt |
| 2 cups brown sugar | |

Wash and core apples. (They may be peeled or not, depending on preference.) Slice into ¼ inch rings. Peel onions, slice and separate into rings. In heavy skillet, combine beer, brown sugar, butter, cloves and salt. Heat slowly, just to boiling, stirring all ingredients together. Add apples and onions, cover, and simmer over very low heat until just tender. (Time will vary according to the variety of apples used.) Serve hot as a side dish with meat or poultry. Yield: 6 servings.

PORK AND BEANS COOKED IN PORTER

- 2 lbs. white beans
- 1 lb. shortening
- 3 oz. molasses
- 1 cup minced onion
- 5 small bottles porter
- 4 bay leaves
- ¾ lb. salt pork (Cut in cubes about ½ inch thick)
- ⅛ teaspoon pepper
- ½ teaspoon salt

Pour porter over beans. Add pork, molasses, onion, bay leaves, shortening, salt and pepper. Mix thoroughly. Cook for 4 hours in oven at 400°F. Add more porter if beans seem dry. Allow beans to cool in oven from six to eight hours. Re-heat for 2 or 3 hours in oven at 200°F. 6 portions.

MICKIES (BARBECUE-BAKED POTATOES)

Scrub potatoes with a stiff brush and cut out any large eyes — some people like to eat the skin. Wrap each potato in its own jacket of foil and bake on the grill over slow embers for about 1 hour. Serve with beer butter (below) or a bowl of sour cream and mixed chives or green onions.

BEER BUTTER

- ½ cup butter
- 1 tablespoon beer or ale

Melt butter in small saucepan. Stir in beer. Keep warm but do not boil.

CANADIAN CORN

Simmer 24-36 ounces of beer or ale. Add husked, fresh corn-on-the-cob and bring to a boil for 3 to 5 minutes. It's so good you may prefer it without butter or salt.



MEATS



SAUSAGES COOKED IN BEER

- | | |
|-----------------------------------|--------------------------------|
| 3 lbs. sausages, pork or beef | 1 cup mushrooms, minced |
| 1 large onion minced | 2 small bottles beer |
| 2 oz. tomato juice | $\frac{1}{4}$ teaspoon oregano |
| $\frac{1}{3}$ lb. of bacon, diced | Salt and pepper to taste. |

Place sausages in oven and allow to brown for about 12 minutes at 450°F. Add onion, bacon and mushrooms and continue to cook at 450° for 15 minutes. Pour beer over the sausages, add tomato juice, oregano, salt and pepper and allow to cook 30 minutes at 450°. Remove from oven, skim off surplus fat and serve. Serves 6.

PORK CHOPS COOKED IN BEER

- | | |
|--------------------|-------------------------------|
| 12 pork chops | $\frac{1}{2}$ teaspoon pepper |
| 6 teaspoons butter | $\frac{1}{2}$ teaspoon salt |
| 1 minced onion | 1 small bottle beer |
| Pinch paprika | |

Partially cook pork chops in butter. Add onion, paprika, pepper and salt and brown the chops on both sides. Pour beer over chops and allow to simmer for about 15 minutes. Serves 6.

SEA FOOD

SALMON TROUT WITH BEER

- | | |
|--------------------------|---------------------|
| 4 trout about ½ lb. each | ¼ teaspoon pepper |
| ½ teaspoon butter | 1 teaspoon flour |
| ½ teaspoon parsley | 1 small bottle beer |

Roll the trout in flour and fry in butter until well browned. Add beer (4 oz.) and allow to cook for about 5 minutes.

Melt ½ lb. butter in a pan. Add flour, 8 oz. beer and mix well. Allow to simmer for 5 minutes and moisten the trout in this sauce. Serves 4.

LOBSTER AMANDINE

- | | |
|----------------------|---|
| 4 tablespoons butter | ¼ teaspoon pepper |
| 3 tablespoons flour | 2 egg yolks |
| 1 cup light cream | 2 cups cooked, diced lobster
(or 3 tins lobster) |
| ½ cup milk | ½ cup blanched, sliced almonds |
| ½ cup of ale | |
| Salt | |

Melt the butter over a low heat and gradually stir in the flour to make a paste. Immediately, but gradually add the cream, milk and ale, stirring constantly to the boiling point, but do not allow to boil. Continue to simmer over a low heat for five minutes.

Lightly beat the two egg yolks with ½ teaspoon salt and the ¼ teaspoon pepper. Slowly add the sauce to the egg yolks, stirring steadily to prevent curdling. Return the mixture to the saucepan and add the diced lobster and the almonds. Heat, but do not allow to boil. Taste for seasoning. This dish is even better if left in the refrigerator overnight and reheated.

Serve with a mound of fluffy minute rice. Serves 6.

PAELLA

- 1 cup olive oil
- 1 lb. ham, cut into ½ inch cubes
- 6 chorizos (Spanish sausage) or hot italian sausage, sliced
- 2 chickens, 2½ lbs. each, cut up
- 1 teaspoon crumbled poultry seasoning
- 3 garlic cloves, mashed
- 3 large red onions, chopped
- 4 cups uncooked rice
- 1 teaspoon powdered saffron
- 2 cups canned tomatoes
- 2 cans (4 ozs. each) pimiento, drained and chopped
- 4 cups beer
- 4 cups chicken stock
- Juice of one large lemon
- 2 lbs. medium raw shrimp, shelled and deveined
- 6 lobster tails (6 ozs. each) cut into 1 inch pieces with shell
- 1 package (10 ozs.) frozen peas, partially thawed
- 2 packages (9 ozs. each) frozen artichoke hearts, partially thawed
- 2 dozen well scrubbed small clams

Heat olive oil in a large skillet. Brown ham and sausage. Remove pieces to a 6-quart casserole or large roasting pan. Sprinkle chicken with poultry seasoning; brown quickly in hot olive oil. Remove to casserole. Saute garlic and onions in pan drippings. Stir in rice, saffron, tomatoes and pimiento. Add to casserole. Mix beer, chicken stock and lemon juice and pour evenly over all.

Bake uncovered at 350°F. for 15 minutes. Add raw shrimp and lobster pieces. Continue baking uncovered until rice is tender, about 30 minutes. Stir occasionally. Add peas and artichoke hearts to casserole; mix lightly. Push clams into rice. Cover and bake an additional 5 minutes or until clam shells open. Add more chicken broth as necessary to keep surface of rice moist. If desired, this dish may be prepared on top of the range, using the same cooking times as above. Serves 12.



INDIVIDUAL MINCEMEAT PIES

(Yield 12 pies)

- 4 package (9 ounces each) mincemeat
- 3 1/4 cups beer
- 1 cup chopped nuts
- 1 package flaky-type pie crust mix
- 1 cup (4 ounces) grated sharp cheddar cheese

Break mincemeat into pieces. Add 3 cups of beer and cook until thickened. Stir in nuts. Fill 12 custard cups with filling. Prepare pie crust mix following package directions, adding cheese to dry mix and substituting remaining 1/4 cup beer for water. Roll pastry to 1/8 inch thickness. Cut into 4 inch rounds; slash. Place over cups crimping edges over rim. Bake at 425°F. for 20 to 25 minutes. Serve warm or cold.

HEAVENLY GINGERBREAD

- | | |
|-------------------------------------|----------------------------|
| 1 egg, beaten | 1 teaspoon baking soda |
| 1/2 cup brown sugar | 1/4 teaspoon baking powder |
| 1/3 cup unsulphured molasses | 1/2 teaspoon salt |
| 1/3 cup melted butter | 1 teaspoon cinnamon |
| 1 1/4 cups sifted all-purpose flour | 1 teaspoon ginger |
| | 1/2 cup beer or ale |

Combine egg, brown sugar, molasses and melted butter. Sift dry ingredients together; add, alternately with beer, to first mixture. Turn into greased 8-inch square pan and bake in moderate oven (350°F.) 30 to 35 minutes.

DESSERTS

SPICY DROP COOKIES

- | | |
|----------------------------------|--------------------------|
| 2/3 cups of butter or shortening | 1 teaspoon baking powder |
| 1 cup of brown sugar | 1/4 teaspoon soda |
| 2 eggs well beaten | 1/4 teaspoon salt |
| 2 tablespoons beer | 1/2 teaspoon vanilla |
| 2 cups all-purpose flour | |

Sift the flour, baking powder, soda and salt. In a second and larger bowl, cream the shortening or butter and gradually add the sugar, beating between additions. Add the eggs and mix well. Add a portion of the dry ingredients, then a portion of the beer, alternately until all have been blended with the butter, sugar and egg mixture. Then add the vanilla. Now divide the cookie dough in two: to one half fold in 1 cup chopped nutmeats; to the other half stir in 2/3 cup of raisins, 1 teaspoon cinnamon and a half teaspoon each of ground cloves and nutmeg.

Drop the dough by small spoonful on a buttered baking sheet, allowing a couple of inches in between for spreading. Bake at 375°F. for 8-10 minutes.

SPANISH SPICE CAKE

- | | |
|----------------------------------|------------------------|
| 2 cups all-purpose or cake flour | 1 teaspoon ginger |
| 1 tablespoon baking powder | 3/4 cup butter |
| 1/4 teaspoon salt | 1 1/2 cups brown sugar |
| 1 teaspoon nutmeg | 3 egg yolks |
| 2 teaspoons cinnamon | 3 egg whites |
| | 1 cup ale |

Sift the dry ingredients, including the spices. Cream the butter until fluffy, add the sugar gradually, beating between additions. Cream until very light and fluffy. Beat egg yolks and add a little at a time to the sugar and butter mixture. Beat well after each addition. Add dry ingredients alternately with the ale making sure that the flour is well mixed before adding more liquid. Beat the egg whites until they are stiff, then fold into the mixture. Pour into greased layer cake pans, and push batter well to the sides of the pan to ensure an even top when baked. Bake at 350°F. for about 25 minutes. When cool, fill with butter frosting and cover.

BEER COCKTAILS

In the warm months there is little more pleasant than a cold glass of beer, but some of the ladies might appreciate the change when you offer them one of these cooling beer cocktails or long iced beer drinks, as they sit in the shade.

BEER NOG

8 egg yolks	1 teaspoon milk
½ cup sugar	Pinch of nutmeg
3 bottles of beer	

Beat the egg yolks and the sugar until smooth, then gradually add the beer. Beat until you have a foamy consistency. Refrigerate until cold.

RED EYE

1 bottle of beer	Dash of Worcester sauce
36 oz. tomato juice	Dash of Tabasco

Mix the beer and tomato juice (both well chilled), add the dash each of Worcester and Tabasco and serve immediately.

ICED RASPBERRY LONGDRINK

3 cups of raspberries	2 lemons
½ cup of powdered sugar	Crushed ice
1 bottle of beer	

Reduce the raspberries and lemons to a juice. Sugar the rim of each glass by dipping in lemon juice then in sugar. Fill each glass to half with crushed ice. Pour in the raspberry-lemon juice to cover the ice. Fill with chilled beer and serve at once.

SHANDY GAFF

1 bottle of beer	1 bottle ginger beer or lemonade
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Chill the beer and the ginger beer. Fill the glasses to half with beer and the remainder with the ginger beer or lemonade. Serve immediately.

BUL

4 tablespoons sugar	1 bottle of chilled beer
4 tablespoons fresh lemon or lime juice	3 cups of soda water

Dissolve the sugar in the lemon or lime juice, pour into a large pitcher. Add the chilled beer and the soda water and some ice-cubes. Mix together and serve decorated with thin slices of lemon or lime.

GERMAN BISHOP

½ teaspoon ground cinnamon	2 tablespoons lemon juice
6 tablespoons sugar	1 bottle chilled beer

Mix the ground cinnamon, sugar and lemon juice. Add the chilled beer and stir well. Refrigerate and before serving, remove the head from the drink. Serve iced.

ARF 'N ARF

1 cup of chilled porter or stout	1 cup of chilled ale or lager
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Pour the ale and the porter into the same glass. Actually, any combination of two types of lager, ale, or stout and porter will make an excellent summer drink.

COCKTAIL BONNE-FEMME

1 oz. fresh lemon juice	Pinch ginger
2 bottles beer	Cinnamon bark

Boil the beer, pinch of ginger and the cinnamon bark for three minutes. Pour in the lemon juice and continue boiling for one minute. Pass through a fine sieve and refrigerate for at least two hours. Serve iced.

Brewing - an Ancient Art

THE ORIGINS of beer are lost in the mists of pre-history. It was probably by accident that one of our very early ancestors first stumbled on the great mystery of fermentation, and from barley and water produced our oldest man-made beverage.

Since then, in every era and every place men and women have enjoyed beer. An Assyrian tablet of 2000 B. C. lists beer among the foods Noah took with him into the Ark.

The Chinese brewed beer 5000 years ago. And in ancient Babylon beer had a sacramental aspect, with certain types of beer reserved for temple ceremonies.

A 4000-year old clay tablet from Mesopotamia tells us that brewing was a highly respected art — and, as during the Middle Ages, that women were the master brewers.

Beer was the favorite drink in Ancient Egypt, and the Ancient Egyptians esteemed beer's tonic qualities; of 700 prescriptions listed in the Ebers papyrus, compiled by Egyptian pharmacists 3500 years ago, 100 contained beer.

Beer's popularity continued in Greek and Roman times. Sophocles prescribed, as a diet of moderation, "bread, meat, vegetables and beer." Julius Caesar toasted his officers in a mug of beer before he crossed the Rubicon.

But it was during Christian times that beer really came into its own. During the Dark Ages the monasteries refined and developed the brewing process

and beer became the favorite of rich and poor alike. Indeed, beer became so popular that special courts were established to control the prices of the two staples, bread and beer.

Who first brought beer to North America is not known, but when Christopher Columbus landed on his fourth voyage, he found Central American Indians making beer.

In Canada the missionaries and explorers brewed beer from the earliest times. In 1633, when Samuel de Champlain was making a stew (called "sagamité") for his Huron friends, he used a great kettle normally employed for brewing.

As in Europe, the brewery was part of each large household or religious establishment. It is probable that the first brewery was built by the Jesuit missionaries, at Quebec City. And there was a brewery in Montreal, not far from the site of Expo 67. One night forty Iroquois tried to burn it down, but their efforts were frustrated by four valiant Frenchmen who slept in the building.

The first commercial brewery of any great size was that built by the famed Intendant, Jean Talon, at Quebec City in 1668. Talon not only wanted to encourage local industry, using the barley grown in New France, but he wanted also to provide "a healthful substitute" for the strong wines and brandy which were causing concern to the government of the colony.

Canadian Beers Among World's Finest

SINCE the early days of Canada the brewing industry has grown with the country. Brewers in cities and towns across the developing land have played an important role not only in the business world, but by their contribution toward Canadian educational, welfare and cultural institutions. They have also been well known for their support of athletic groups.

In this century, and particularly during the past 20 years, the popularity of beer is rising across the world. Canadians have always been fond of their beer, and with good reason. The beers and ales produced in Canada are among the finest in the world. They have won many international awards. Their quality is evidenced by their popularity in world markets.

Canada's brewing industry is thoroughly Canadian. It is our oldest manufacturing industry. Canadian ales and beers are brewed from Canadian barley grown principally on the great Western plains of this country.

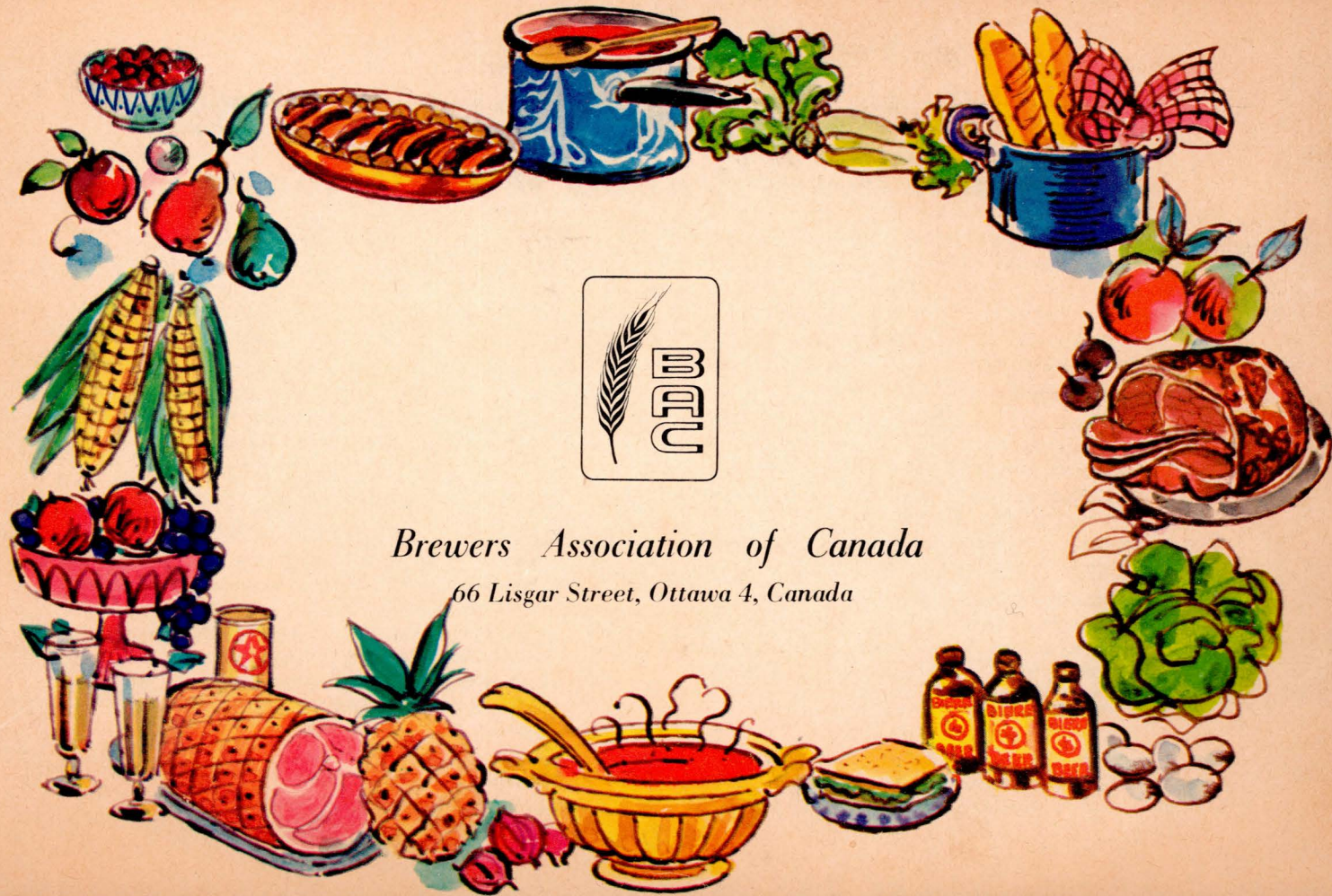
The brewing industry is a substantial source of

employment in Canada. It operates breweries in all but one of the 10 Canadian provinces and provides employment in nearly every community of any size in this country. Salaries and wages paid to the 14,000 employees amounted to \$82 million in 1965.

The brewing industry pays not only the ordinary taxes other industries pay, but special taxes as well. In 1965 the tax bill came to \$223 million; \$107 million of this was for the special federal excise duty.

Capital employed in the brewing industry in Canada is estimated at \$450 million. Capital and repair expenditures average about \$23 million a year.

The control of the sale of beer in Canada is a provincial responsibility, so there are twelve distinct and different sets of rules for the sale of beer in Canada — for each of the 10 provinces and the Yukon and Northwest Territories. However, beer can be purchased to take home or for consumption on the premises in all of the provinces and Territories.



Brewers Association of Canada

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